

Teachings 2010 to 2000 Eckhart-Tolle-Teaching Compilation Part 1 of 8

[Speaker 1] (2:13 - 3:43:58)

No expectancy, not waiting for anything to happen, being completely present here. We'll be sitting together here for an hour and a half or two hours, simply to allow that state of consciousness that is free of future, free of past, timeless state of simple presence to emerge here within yourself, because that's why you're here. You didn't come here to be fed new thoughts, concepts, ideas, perhaps a few signposts, they are useful, but you didn't come here to collect more signposts, which say Rome or Mecca or Enlightenment, and then carry them home, put them in your library or living room.

Isn't that a beautiful signpost? Or worship the signpost, a concept, an idea, a thought. We're really here, this is not a normal conference where information is conveyed that you take home.

In a way, we're here so that the opposite of that can happen, a relinquishing of concepts and ideas. Ultimately, and that may sound a little bit frightening to the mind, relinquishing thought. What is stillness other than a state of consciousness that is free of noise?

This is not some distant goal to be achieved in ten years' time or in a future lifetime. If this state of consciousness were not emerging in you already, you wouldn't be sitting here. But to the mind and the egoic sense of self, which is a mind-identified sense of self, a mental image, me, my story, my past, my future, that may be a little bit frightening, no thought.

Who would I be without thought? That's yesterday we saw Katie ask the question, who would you be without this particular thought? It's all about relinquishing attachment to thinking and ultimately going beyond the compulsive need to think.

And what then arises is presence, a state of clarity, simplicity, of simple beingness, a very deep allowing, allowing this moment to be as it is. That is love, that is compassion, that is a deep care and embracing of whatever is. In other words, embracing life, saying yes to life.

Where is life? Here, now. Life cannot exist separately from here and now.

So any denial of the now, resistance to the now, running away from the now mentally, always trying to get to the next moment because fulfillment is there somewhere, and you miss this life. And then you reach the age of 85, still looking for something, and you've missed the beloved, the divine that is here every moment. Now this moment, and there's only one moment, appears in different forms.

This moment happens to be beautiful externally, beautiful surroundings, wonderful people. So it's a little bit easier as we sit here to enter the state of allowing. There may be moments that appear not good on the surface, not good in little ways or big ways, you miss a bus or a plane, something little, or something major happens, some breakdown in your life, some loss.

What happens then usually, resistance comes up, not a deep no to what is, that is the reactivity of the little me, the mind made sense of self, the story. It gets stronger. The deeper the no is to this moment, and when a challenge comes, the no can become very intense, and that of course is pain, is suffering.

The stronger the no, the deeper the challenge, the stronger the reactive no. And what I call the little me, which is a mind made image of who I am, based on my past, things that happened to me. Not only that, more importantly, based on an interpretation of those things that happened to me.

So the things that happened to me, with a mental interpretation of those events and people from my past, over the years an image forms in the head, me, I. And there's a story, of course, that is an intrinsic part of the image of me. So everybody lives in that work of fiction created by the mind, and the me is the main protagonist in that work of fiction.

It may be the big drama, it may be a tragic comedy, a mixture, so being trapped in a sense of identity that is very small. My past, my story, which needs to be continuously revived mentally, and the little me lives in resistance to what is, because the artificial, the fictitious nature of that entity cannot be sustained except in the state of resistance to now, or denial of now. Now, every life story, the little me story, is ultimately unsatisfactory.

It is not satisfying. Anybody who sits here, if you look at the story of me, it didn't quite work out the way it should have. That's not how I imagined my life to be.

Every, it looks as if something had failed, it had gone wrong, something along the way, that shouldn't have happened like that, that wasn't meant to happen. So to discover this element of unsatisfactoriness in the story of me, always. However, if there is a little me sitting here, there may be one or two who are thinking at this moment, he may be talking about everybody else, but I'm okay, because I've just found my, the ideal partner, I've just fallen in love, and the story has now come to a satisfying conclusion.

So, the little me says, okay, but he's wrong about me, but he may be right about everybody else. My story is actually fine if the happy ending is there. Or you just got the dream job, or you just won five million dollars in the lottery, and then the little me says, oh, this is it.

If that's the case, we'll meet again here next year. You will have returned by then from the honeymoon. The fiction that there can be a satisfying end to the story of me is upheld, of course, by the media and all those things that you watch on TV and in cinemas.

And the end of most films tells you, yes, there is such a thing as an end, a satisfying end to the little me. So, the director cuts after the wedding, or just before, cut here. And now, for many others, it may be a revelation, the realization that, oh, do you mean to say I'm not the only one whose story is not satisfying?

I thought it was just everybody else was fine, and just me, I wasn't doing well. So, to realize my story, so far, hasn't been all that satisfying as a story. The little me doesn't feel complete.

What's... he's looking for something. What's...

And there's pain in the story, suffering, sorrow. But then the little me says, okay, it may not have been a satisfying story up to this point, but you've still got the future. And the little me says, this is where the satisfying conclusion is going to happen.

So, this is why, when you live from that mindset of the little me story, the future is such an essential, such a vital part of everybody's existence, because it's there where the little me says, a satisfying conclusion to my story will be reached at some point, I will get there. Whatever the satisfying conclusion of the story is, it depends on what kind of story the little me has fabricated for itself. It may be material success, it may be finding the ideal partner, it may be reaching a state of enlightenment.

One day, I'll get there. So, the future promises fulfillment. That's why everybody is running towards it.

If you go to a big city, I was in New York a few days ago, and everybody's almost running, continuously. Imagine a visitor from another planet coming and looking at that. Where are they running to?

And of course, they're running to the future. They're trying to get away from this moment, because you're hurrying, moving. Future.

They're all, everybody is running towards the future, because this isn't good enough. I need to get there. So, it's a frantic attempt of the little me to reach the future.

And if you cannot get out of the story of me, but of course here we are getting out, even just by recognizing the nature of the story, by looking at it, we are beginning to step out. Because it can only sustain itself if it remains unconscious. It can only sustain itself, the fiction of the little me, can only sustain itself if it remains an unconscious movement.

But when you look at it, that basically means you're now witnessing, you're watching the mind and the structure of the mind. The recognition of that is already the beginning of the end of the unconsciousness that sustains that movement. And it has been running humanity for many, many thousands of years.

So, just here at the moment we are simply looking at the mechanical unconscious nature of the mind structures. But it's more than that. By seeing it, the seeing is not part of it.

The seeing is part of something that is arising that is not nothing to do with the conditioned consciousness, the mind. And that's arising here. So, if you have not stepped out of the story of me at all, the worst thing that could happen to you would be not to have any more future.

Because then the little me gets into a panic and says, what do I do without, the story will not reach a conclusion. If you take away future, you take away the possibility of a happy ending to my story. And it is the worst thing that could happen for me to tell you, to tell you have no more future or almost no more future.

And the strange thing is, really this is what's happening here in a subtle way, not going to shock you in any way, but in a very subtle way, gradually we are removing future. From our consciousness, so the whole, that level of consciousness gradually is replaced by something else. We are going into that gradually.

So that the little me doesn't go into contraction at all and you run out of the room. The future, seeking salvation in the future, seeking completion in the future. That's one aspect of future, salvation for the little me.

The other part of future is, the little me also knows that the future is very threatening. It is drawn towards it as an answer to its story, but it knows at the same time that the future is going to kill it. Of course it will, the little me.

So a dreadful dilemma arises for the little me. It's drawn towards future as an answer, as salvation, as fulfillment, and at the same time it's continuously threatened by the future. Because anything may happen, I may lose what I already have, which may not be all that satisfying, but at least I have that.

And the future may take it away from me. So the two movements that govern whatever the fictitious entity that humans are trapped in, whatever action it undertakes is governed by two motivating factors which are to do with future. A deep striving towards future as an answer is the movement of wanting and needing.

That's why they're all running towards it. Traditionally this has been called desire in spiritual teachings. The other movement connected with future is, My God, what's going to happen to me?

What's the future going to do to me? That's called fear. Fear arises.

So humans move between these two in a continuous conflict or dilemma. Desire, which is wanting and needing, and fear. So drawn to future and fearing it at the same time.

Easy to see why humans live in such misery. And then the whole fiction of me cannot be sustained without being in opposition to something. The me to be sustained needs to be in conflict with something almost continuously.

Because its survival depends on not me. It depends on sustaining the illusion that this is a separate entity, this is my boundary. And here are the others and the rest of the world.

And that can only be sustained. The illusion of separateness, of an encapsulated sense of self. And basically because of fear that underlies the little me, it's also a state of continuous contraction.

Both psychological contraction and even physical contraction. Protection of the little me and its encapsulated sense of self. It needs, so that its illusion of separateness can be sustained, it needs enemies in some form or other.

Why is it if you open a history book, why is it that human history, 90% of human history is the history of insanity? Anybody who opens a history book says, that is mad. So we need to get to the root of human madness to go beyond it, not say, oh they are mad.

It's to see, I am mad. To see, I am mad is actually a very positive thing because where does that seeing arise? Sanity.

It's only as sanity rises you can see the madness. And we can see the collective madness of humanity as human history. Unbelievable.

Madness, killing, suffering. So how does that arise? It arises in each individual.

Embedded in the very structure of the egoic sense of self is the need to have enemies. Enemies not necessarily in the form of people, although often that is the case too. Enemies in the form of situations, conditions, even places.

And so what's the very root of that? What is the real arch enemy of the little me? The present moment.

The thing it always is in opposition to, trying to get away from or fighting, if you look to the very root of its need for enemies, is to make the present moment into something that you need to oppose. And what is the present moment now? Life.

Because life cannot be in any other place, in any other moment, except now. So the little me lives in opposition to life. Its enemy is life itself, which is now.

If that's not mad, what is? So it's me against the universe, the little me. Now without, there may be temporarily, the little me may have brief moments of relief.

Never for long, because it cannot afford to be in a state of non-opposition to what is for long. It cannot afford to be in a state of peace for long. It cannot afford to be in a state of joy for long.

It cannot afford to be in a state of love for long, because all those things arise only when there is no opposition to what is, but a deep embracing of what is. So the little me fears that embracing of what is. Its very existence depends on not embracing what is.

To recognize that is a wonderful realization. Something within that recognition, is there something in there that has nothing to do with the little me? So there are two movements.

You may find it even within yourself here. Something emerges that is deeper than that entity, egoic fiction. It's emerging now.

And there is still the momentum behind the egoic fiction of me also maybe operating. And you can be sure that it doesn't like this. The deep need that is embedded in the very structure of the egoic mind, is really a deep need for unhappiness.

Never made conscious, because its survival, the survival of that mind structure depends on unconsciousness. When you make it conscious, suddenly you see, wow, this is mad. My need to be unhappy, never recognized fully, always it comes in a hidden, concealed way, because the reasons for my unhappiness are always out there.

This is making me unhappy, that is making me unhappy, the present moment is making me unhappy. What is, is making me unhappy. Now as long as there is unconsciousness, the causes of unhappiness are out there.

And there is always the interpretation, if only those things changed or I could change them, I would be okay. And then you are engaged in continuing fighting with what is. I'm going to change these things out there to remove the causes of my unhappiness.

If your behavior changes, if I can make you to change your behavior, then I can be happy. My unhappiness will go. That's the illusion.

And many people reach the end of their incarnation trapped, the majority still, reach the end of their incarnation trapped in that illusion. If only things were different. Not seeing that unhappiness is embedded in the very structure of the mind.

Its need, because that is an intrinsic part of its need to fight, to sustain, its separate sense of me. To see within oneself the need for conflict, the need for enemies and the need for unhappiness. You can see it in relationships, love, harmonious.

If you meet a person, the first few days or weeks, sometimes even months, total harmony. And then first something arises that is very different, a completely different energy. The need returns for conflict.

And the longest humans are without conflict is often when they fall in love. And that can last a few weeks, or if you went to live on a South Pacific island. You may be free of unhappiness for a little while.

But you can be sure that the unhappiness which is in here, not there, in the structure of the egoic mind, will find a reason for you to be unhappy, even there in paradise. There will be something that's not right. Could be anything.

Mosquitoes, boredom. When there's, let's say, somebody could create for you an environment that has removed all causes for unhappiness. Deep unhappiness would still arise out of unbearable boredom.

Even to the point of suicide. Because you can sometimes see that with people who are born into great wealth, where all their needs or desires are immediately met. And often, one should say, they should be blissfully happy, they've got everything.

And often deep misery arises. Deep dissatisfaction with everything. So you can't get away from that.

But there's a deep reaction, a revulsion to what I'm saying in the little me that says, well, he may be right, this may apply to other people, but really, I'm unhappy because I have reason to be unhappy. The others may be in delusion, but my misery is real. And so to see, to look through that is an amazing realization that you carry around within the structure of your mind unhappiness.

I'm using that as a generic term. The Buddha used the term suffering. Other traditions use the term delusion or illusion.

Or even sin, Christ is. Something not right, always, sin has been misinterpreted. Jesus uses it.

Dukkha, as the Buddha put it. Unsatisfactoriness, suffering, unhappiness. In the seeing of that, it already begins to dissolve.

If that level of consciousness out of which the recognition arises is sustained, the structures of human unhappiness, which are the structures of that egoic conditioned mindset, begin to dissolve. And what then happens? It only happens if your attention moves into the now.

And sustains itself in the now. And so in order for that deep conditioning to dissolve, the ego likes to make that into a problem too. It says, okay, oh my God, it must take so long

to get rid of that illusion of all that unhappiness that is in my mind.

How long is it going to take to get rid of all that? If it's taken 100,000 years for it to arise in humans, unhappiness, suffering is not a personal problem of anybody. There's nothing personal in it.

It's the human condition. If it's taken so long, will it take just as long to get out of it, another 100,000 years? And the ego says, yes, yes, it will.

Give me time. That's why there's a strong attraction to cults. Every cult promises something.

You are going to be very special. You are going to reach that. Or we, as a collective ego identity, that can easily happen.

The little me joins with other little me's and says, us. Same illusion, slightly different form. We against the rest of the world.

Some countries do that. We against the rest of the world. Religions, we, us.

So sometimes the personal me becomes partly a collective me. Moving out of that illusion. Now, cults give you time and promise something.

And the leader usually says, if you stay with me for long enough, you can become like me. Almost, not quite. And there's an attraction because time is given.

There's a spiritual longing, which is the longing to be free of all that. And the ego comes back and uses that very longing and makes more time, needs more time. So the illusion that a spiritual seeker can easily get trapped in, and not only in the cults, is that I need more time to become free of all that.

And the amazing realization is, not only do you not need more time, time is the very illusion on which the existence of that mindset, the continuing existence and the survival of that depends. And so in a very subtle way it will always try to get in there and please, more time. You don't need another hundred thousand years to get out of the illusion that has taken a hundred thousand or a million years to build up.

A beautiful line in the Course in Miracles says, it has taken time to misguide you so completely, but it takes no time at all to be who you are. To be who you are means who you are in your essence underneath the conditioned mind structures. And the only access you have to that is through the little doorway of now.

And it's only here, it's only through the power that is inherent in the present moment, that all those mind structures dissolve. The power of the present moment is the power of life itself, your very being. And they dissolve here and now.

What arises in the now is presence, allowing this moment to be. Let's say really that is, here we have the key. Since the survival of those mind structures depends on enemies and fighting the present moment, which is the root of its need for enemies, when you allow this moment to be, the whole illusion collapses.

Now, sometimes people ask, can I make this happen? Can I make this shift, this revolutionary radical transformation of consciousness that you point to, that you talk about, that all the ancient teachings point to, in their essence, talk about, point to? Can you make that happen?

Sometimes people ask that question and say, you sound as if we could make it happen. Well, no, you can't really make it happen. That's why I say, when you do not allow this moment to be, then you're trying to make something happen in the future.

When you're allowing this moment to be, you're not trying anything. You're not trying to make anything happen. It's the opposite of needing to make something happen.

Allow. And the little me says, this is a place of weakness. Don't go there, because you will have no defenses anymore.

You won't even know what's going on anymore, if you don't continuously judge and label what's happening at this moment. If you don't continuously interpret what is happening, so you know what's going on, he's like this, what does he want from me, how can I get something from him? Or even looking at incredible beauty, the immediate need to say something, to relate it to something that you want, there's a flower, the need to pick it, now it's mine.

To immediately, to relate to everything immediately through mental noise. Instead of allowing it, because in the allowing, a stillness immediately arises. And there's no need to interpret.

Allowing implies you give up the need to interpret the world continuously through the mind. And the ego says, no, no, I will become totally ignorant, at the mercy of everything and everybody. And the ego says, I will be stuck in this dreadful present moment for the rest of my life.

I will be stuck in whatever situation I'm in now, that situation that's making me so miserably unhappy, I will be stuck in it for the rest of my life, if I allow it. I can't allow it. That's why I've been fighting it for 20 years, to get out of it.

Are you out of it? No, not yet, but I will. So the allowing really is something, when we talk about it, say allowing this moment to be, your ability to allow this moment to be is grace.

It arises. Not everybody in California, even California, has come here. So the message perhaps would not yet be meaningful to everybody.

But to be able to sit here without running out of the room or falling asleep, which can be different defenses against the truth, or feeling, what nonsense is he talking about? To be sitting here without that, or even if it arises, the need to run out of the room, to simply stay with it and watch that, and see how it arises and how it subsides, and then be back here. That means through grace, whatever, something is already arising from within you that is not the egoic me, that's not part of the madness.

It's arising, that's why you are able to allow this moment to be. And whatever arises in the moment, yes, yes, it's good. This is relatively easy right now, although it may not be easy for everybody even here, because you carry around still to some extent the burden of me.

So there's two things, there is the power of this moment here, and the energy field here. Occasionally it may become obscured by a return movement of the me-entity as a wave, like a cloud. Sun appears and then a big heavy cloud moves in again.

And that happens when you sit here, you lose presence and begin to think about your problems, which are never now, which exist in future, or the heaviness of past and the two together, my problems. Let me remember what my problems are. Oh yes, waking up in the morning, open your eyes.

For some people there can be a moment of when the noisy mind hasn't started yet. There's a simple presence and you look around after opening your eyes. Not everybody, some people wake up immediately burdened by the heaviness of the little me.

Others have a moment of freedom and then after a minute the mind starts and you remember your problems. Oh this and that and that and that, oh my God. And immediately the heaviness descends, the state of contraction returns, and then you turn around in bed.

I can't face another day. And that's the human condition. And we are moving beyond the human condition.

No flower has ever said that, I can't face another day. Because it also awakens when the sun rises. It has not yet removed itself out of the totality, its interconnectedness with all that is.

It hasn't removed itself out of that and claimed a separate existence for itself, me. And this flower isn't even saying, I want the sun, why did they put me here? It's open to this and because it's not denying what is, it's not resisting what is, it is open to something here that's even better than the sun.

And it loves it. But if it said, no, no, I want the sun, it would be closed to this. This moment being fully alive to the power of this moment.

And I often say, to be fully alive to the power of this, feel this moment with every cell of your body. Be here with every cell of the body. Every cell is alive and you sense a subtle, otherwise you're stuck in the head, trying to work out what I'm saying and there's nothing to work out.

Being alive, feeling the very aliveness that you are, the entire energy field is present, every cell is present. You don't need to make an effort, it is present. And you sense that you're everywhere, you're not just here, you're throughout.

So keeping, be here completely, not as a head attached to a body, be here totally. Otherwise you can't allow, the head is not enough to allow this moment to be. The entire being allows this moment to be.

The head is not enough to be present. Be present with the entire being. Sometimes people ask, doesn't it mean that you become identified with the body if you feel the body?

No, it's a way of going beyond identification with the physical form of the body. To feel the very essence that gives life to the physical form is not the physical form. To feel it, and then the Advaita person may say, but aren't you saying that I should identify with an object that arises in consciousness as the feeling of the body?

And isn't that, isn't the truth that knowing that I am the very awareness underlying it all. But the body is that, it's a temporary appearance of the consciousness that underlies everything. It temporarily appears as the body.

It's not the body. In a way you could say it's an illusion, the body is an illusion. But within the illusion is something that is not an illusion.

Otherwise even an illusion needs a little bit of reality. Otherwise it wouldn't be. So to sense the aliveness, the presence in the body, this is just a temporary way of putting it.

And feel the aliveness throughout and then suddenly there's a field of aliveness not only within but also without. That has nothing to do anymore with your story. There's a field of aliveness within at first, but suddenly also the surrounding world has an aliveness to it.

Not that you need anything, it's beautiful but it's all form, it's temporary. But that presence of beingness is beyond form. So you know that which is beyond form as yourself, which is a field of still presence, intense aliveness, still presence.

And forms appear in that and that's beautiful. The body appears and it's fine. Thoughts appear, that's fine too because you're no longer trapped in the thoughts.

You are that which makes every thought possible. So the key is that stillness that is so

alive, that is now. So when we talk about the present moment, the now, what does that mean?

The mind says it doesn't mean anything. The mind says there's no such thing as the now. Can you show me where it is?

There's only past and future and something very fleeting here that really has no meaning. That's what the mind says. But there's, when we say the now, there's a mystery in there and there's a key in there.

What temporarily we call the now is something very strange. This moment, we are here, before this moment happened as an event in time, it already had a shadowy existence in your mind as the anticipation of this moment. It was going to happen.

You knew you were going to come here. And soon it will be over and it will recede into the past and it will be a memory. Another present moment will be there or the same moment filled with the appearance of some other event, phenomenal event.

Your whole life, it's strange how when something is gone it evaporates into nothingness. Even this, there will come a time when nobody will remember this beautiful moment as an external appearance. These bodies will go, so the memories will go and then a few photos may survive of this event, live a little bit longer and then become yellow.

And then there may even, some people may have videoed something but that probably has a limited lifespan too. And so eventually the external appearance of this moment will have evaporated completely including the bodies and yet there is something here that is beyond the external appearance of this moment. There is something deeper.

The very essence of your life which is like a phantom, your childhood, where is it now? Events of last week, gone, dissolved. It comes into the now, gone.

What remains is the field of now in which your whole life unfolds as form, the stillness that is underneath whatever happens. Things happen. The stillness is there and allows it to happen.

To know yourself as that stillness is freedom. Freedom from form. Freedom from the world.

Freedom from self as the little me. And then the world is a beautiful place. It's no longer threatening, it's not threatening and it's no longer promising.

It loses the qualities of promise. Something there is going to give it to me. Nothing, you don't need, it's here now, you don't need to be given anything.

Your very essence is life in its fullness now. I don't want you to believe in that as an idea in your head. The words are only a little signpost.

It's only if you are in the now with every cell of your body, that's how it's initially I put it, you can realize the truth of this, that life in its fullness, an expression Jesus used, he said, I want you to have the fullness of life. Life in its fullness beyond anything happening or not happening. Nothing to do with how much time you still have as this form.

Nothing to do with any life situation or condition, good or bad. Life in its fullness is already here. And that's, I call that sometimes the power of this moment, which is life.

So, you don't need the world anymore then. And you don't fear the world anymore. And you don't need the future anymore, you don't fear the future anymore.

It has a peripheral existence, only practical purposes. Let's meet tomorrow at four o'clock, okay. That's practical, it works on that level.

Beyond that, future is no longer needed to give you a sense of promise of some kind of deeper identity or fulfillment. It's an illusion, it never comes. How can it give you that?

There's only this. So, it's going beyond your life situation and the conditions of the me. To a place of greater depth, where you need nothing.

Need nothing. And then as a little gift, many things come to you on the phenomenal external level. Life suddenly becomes so friendly.

Whereas before it was an enemy to be fighting, life suddenly becomes friendly. Even the phenomenal existence has suddenly a friendly face. Why?

How can it change from being, from life being what Churchill called when he talked about human history, Churchill said about history is one damn thing after another. And for many people, that's how they perceive their existence. One damn thing after another.

And that doesn't happen anymore. Life is no longer perceived through external existence, is no longer perceived and created through the me, fictitious mindset of me. So, when you're not fighting life, when you're fighting life, life fights you.

It's a mirror. And when you allow and say yes, life suddenly says yes. Oh, you embrace it, that means life can flow through you freely.

Consciousness, life, God, just words, can move and even express itself through this form freely. And from being a burden on the planet, which is what humanity is right now, you become, and from being a burden to yourself and a troublemaker to yourself and others, a little me, from being this burden, suddenly there's a blessing that walks on the planet, there's a lightness to it, no longer the heaviness of the person. And that's, love is now present.

The person talks about love, but of course, it's all fiction. As K.G. said yesterday, little

personalities don't love, they want something. So the whole wanting the deep energy, the craving and wanting and needing future, goes.

So, and things you had, the little me said, I need that for my happiness. Often, they just come when you don't need them anymore. They may not, it doesn't matter.

But the strange thing is, many things simply come icing on the cake. The cake is what matters. And you have the cake, or you are the cake.

Seek only the kingdom of heaven. Now seeking is a temporary phase, you're not seeking anymore. Be who you are, that's the kingdom of heaven which is within here, now.

All the other things that you thought you needed will be added onto you. Doesn't matter anymore. Seek, seeking, coming to the end of seeking.

Seeking implies future. Seeking, even seeking to understand more. I need to understand more about spirituality.

I need to understand more about Buddhism. I need to understand more about Advaita, what are they really talking about. You don't need to understand more, you've understood enough for you to have come here.

What else is there? Then, that's the edge, you've reached the edge of understanding mentally, working out. Any further, it's just the mind trying to get back, OK, I need some more knowledge.

I can't quite work out what stillness is. If you explain a bit more, perhaps I can get there. Is your concept of stillness the same as the Buddha's concept?

You could do a PhD. Stillness in Spirit, the World Religions. 400 pages.

And then you become the world expert on stillness. And perhaps, if it's all mind, the world expert on honey who has never tasted honey. It's quite possible, you could be the world expert on honey without ever, because it's all concepts.

So, we are tasting, not just tasting the honey, we are the honey. So, a state of consciousness arises in which thinking plays very much a secondary role. It may come in occasionally, for this or that.

Your sense of who you are, of being, has nothing to do anymore with any thought in your head about who you are. Story. So, your history is fine, it's just things that happened to this form.

You don't need to say, I'm trying to forget my history. Burn your photo albums. No need.

It's just no identification. That's just so and so. My ex-husband, my ex-wife.

Photo. No longer seeking the self, seeking to strengthen itself through identification with your history. That was my ex, what he did to me, I'll never forget.

Let me tell you about it. That means seeking a stronger sense of self through the history. And the history becomes the story and becomes the me.

So, it's the self-seeking in your past goes. It's just past, no problem in it whatsoever. Self-seeking in future goes.

And future is only practical relevance to your life. I'm booking a flight for next month. That's how future works, it's fine.

No self-seeking in it. I'm booking this flight, it will take me to such and such a place. And when I get there, I will find the answer, the fulfillment.

So, all that self-seeking goes to strengthen the sense of self artificially. And that means you are yourself already. And as you always were, now.

And maybe the mind goes, well, who am I then? Step beyond the edge of understanding. Allow this moment to be.

Be the stillness. You are not condemned from now on to permanent inactivity or passivity in stillness. At first it's good as it arises.

Let it arise in an environment that is conducive to stillness. Although sometimes it arises in people by itself or accidentally in an environment that looks totally non-conductive to stillness. That's the other way, that's the way through suffering, as it happened to me.

The stillness suddenly arose out of dreadful mental noise and resistance. And here, this is another way, not through suffering. Suffering has played its part because it's taken you here and it's been good.

And this is a voluntary embracing of that. Not to be pushed and kicked into the kingdom of heaven. Life would do that to you anyway, eventually.

So there's no need. But it takes time. This saves time, removes time.

And as it removes time, it also removes suffering. So you can get to the end of suffering through time and further suffering until there's a self-destruction of the egoic entity when it has created so much misery for itself that it continues to exist. It cannot exist anymore and it self-destructs.

Or you've had enough suffering to come here and the eternal message of all spiritual teachings is you don't need to suffer anymore. And the greater your suffering has been, or if you're sitting here and feel you've come here with a burden of suffering, perhaps physical, some dreadful situation, or not knowing how much more time you have as this

form, not quite knowing, nobody knows. Let's just go into very deep yes.

And the worse your suffering up to this point, the deeper your yes will have to be and the greater the opportunity. It can happen that the yes uttered once can be so deep that the no never returns. One deep yes to life.

The end of all no. And that is your opportunity. You may be ready.

It could be through the very fact that perhaps the form may not remain in existence for that long. Maybe it will. There may be an element of uncertainty and that now deepen.

You can go very deeply into the yes and into the now and into presence so that past and future falls away almost completely except a few practical matters. And you walk on this straight, this path of now. I sometimes describe it as a tightrope of now.

And that is the flowering of human consciousness. If you walk the tightrope of now and on a tightrope, to walk a tightrope you have to be very present, totally present every step. There is no little me.

You can't remember your problems on the tightrope. You would fall off immediately. Even fear, you can't fear the next step.

You would fall off immediately. There is only this step. And there is a total presence with every step.

And this is the state that is arising and it is only in that utter and complete presence that the little me dissolves. And all the problems that cling to the little me in fact make up its very existence. They cannot, they fall away, they cannot survive in intense presence.

Look at any problem in your life, no matter how serious it looks, and see if it can survive when your attention is totally here. And then you become what you have always been, which is consciousness itself. The field of still presence that underlies everything.

So the person dissolves. The heaviness is gone. That's the fulfillment of your human existence.

Now, it doesn't matter how much longer this form exists. A few weeks, 50 years, doesn't make that much difference. Fulfillment is, this flowering is the realization of who you are.

But you wouldn't be able to say very much about it through the mind. If somebody asks, who are you? There may just be a stillness.

And now the strange thing is, from the point of view of the mind, it looks as if you knew less about who you are than before. And it's true. It is a voluntary embracing of the state, and this is also key, a voluntary embracing and saying yes to the state of not knowing anything anymore.

That's why it's so frightening to the little ego. An embracing of not knowing, and there's vast power in that not knowing. Whatever you need to know at any moment, which is always this moment, will arise out of what looks like the state of ignorance to the mind.

Whatever you need to know or anything you need to do to know at any moment, wherever, in relationships, in any situation, arises out of the state of not knowing. So to become comfortable, happy with not knowing. It's a great thing to discover if you work with people as a therapist, counselor, but of course everywhere, not to think, how can I help this person?

People sometimes come to me, sometimes with a story, sometimes a difficult story, less so these days with stories. How could I possibly help? I could try to work out how I'm going to, I don't know, I'm happy with not knowing.

So allowing the space of not knowing, and now this applies to your entire existence. It's fine not to know and then you stay with the not knowing, which is the stillness. And whatever is needed suddenly comes, it may come as words, as an action, simply an emanation of love.

It happens, it's no longer totality, life moves through and then you return to the state of not knowing. It could be a simple thing like going for a walk and watching everything around you in that attentive alertness. You're not walking there as a little me with its problems.

You're walking as a field of awareness that looks at the universe, the phenomenal universe and its beauty, not needing to impose mental noise on anything, interpret, just don't need to know what this tree is called. You might know it, it's no longer important, it won't interfere with the beauty of that moment. No longer the heaviness of a person walking through the street, a field of consciousness, of awareness.

And you look at the world and you see, oh, if you had a few thoughts in your head, you would say, this is good, every moment is good. And God saw his, her, its creation and saw that it was good. You look, that which looks through your eyes at the world is then pure consciousness, the light that emanates from the source.

The light that emanates from the one source looks through your eyes, sense perceptions and loves its creation because you created it. You are consciousness appearing as form and it's good. So you walk as a blessing on the earth, no longer as a burden and everything and everybody loves you for that.

Even nature, you will feel nature, trees, flowers love your presence. It's almost as if their very being moved a little bit towards you because within the totality where there is no separation between this and that, when you see beauty without mind, it's a self-recognition, consciousness. The flower, which is an expression of consciousness,

recognizes its own beauty through you, it's not you.

So even nature finds fulfillment through that, it knows itself through you, what looks like you. And yet, all that is form, the eternal is underneath the forms. This very moment, what are the ingredients of this moment?

The mind, the voice, your perception of the voice, the totality of this space, people, flowers, lights, sense perceptions, those things. Okay, that's good. There's also silence, that's even better.

And to acknowledge the silence, listen to it, alert, that's the arising of stillness. Silence is helpful, ultimately you don't need it. Stillness doesn't depend on external silence, but it's good, it's helpful to listen to silence.

And it's only the stillness in you that can even be aware of silence. If your mind were very noisy sitting here, silence would be meaningless, a concept. The moment you listen to silence, a stillness arises.

Through the stillness, you become aware of silence. So it's within and without. And then the realization, it's always within, it may not always be without, but that dimension of consciousness is always there.

And then it may arise at the most unsuspecting times, you may find yourself in the middle of a noisy situation at work, little knees fighting. And suddenly silence arises and you're watching without condemnation, without interpretation. And then perhaps some words arise, you say something very different, anything that arises out of your inner stillness has a very different quality.

Even if it becomes words, it always has some of that stillness, the place from where it came, it still has a fragrance of that, a freshness and a newness. And perhaps you say something and it's come out of the stillness. Completely different dimension of consciousness is coming.

Love, basically, beyond what the ego thinks love is. We've been speaking about that which cannot be spoken of for quite a long time. Life is full of paradox.

Basically, we have moved beyond time, more deeply into the now. It looks according to the clock as if we've been sitting here for one and a half or one and three quarter hours, but it wasn't really like that. One deep moment, timeless, the timeless dimension of consciousness is coming.

And that looks like an event in time, but you have to accept certain paradoxes. That's how it is. Let's acknowledge the silence without, through the stillness within.

And now meet everything, everybody, through the stillness. Bring the stillness. Be it,

because you are it.

And that is the dimension of the sacred that is arising, inseparable from the stillness. Sometimes questions are fine, but I feel at this moment there's no need for that. It would only be the mind trying to figure something out that you already know.

And I know that you already know. And your mind says, no, no, I don't know. Yes, you know.

No. No expectancy, not waiting for anything to happen, being completely present here. We'll be sitting together here for an hour and a half or two hours, simply to allow that state of consciousness that is free of future, free of past, timeless state of simple presence.

To emerge here within yourself. Because that's why you're here. You didn't come here to be fed new thoughts, concepts, ideas.

Perhaps a few signposts, they are useful. But you didn't come here to collect more signposts which say Rome or Mecca or Enlightenment and then carry them home and put them in your library or living room. Isn't that a beautiful signpost?

Or worship the signpost, a concept, an idea, a thought. We're really here, this is not a normal conference where information is conveyed that you take home. In a way, we're here so that the opposite of that can happen.

A relinquishing of concepts and ideas. Ultimately, and that may sound a little bit frightening to the mind, relinquishing thought. What is stillness other than a state of consciousness?

That is free of noise. This is not some distant goal to be achieved in ten years' time or in a future lifetime. If this state of consciousness were not emerging in you already, you wouldn't be sitting here.

But to the mind and the egoic sense of self, which is a mind-identified sense of self, a mental image, me, my story, my past, my future, that may be a little bit frightening. No thought. But who would I be without thought?

Yesterday we saw Katie ask the question, who would you be without this particular thought? It's all about relinquishing attachment to thinking and ultimately going beyond the compulsive need to think. And what then arises is presence.

A state of clarity, simplicity, of simple beingness. A very deep allowing, allowing this moment to be as it is. That is love, that is compassion, that is a deep care, an embracing of whatever is.

In other words, embracing life. Saying yes to life. Where is life?

Here. Now. Life cannot exist separately from here and now.

So any denial of the now, resistance to the now, running away from the now mentally, always trying to get to the next moment because fulfillment is there somewhere, and you miss this life. And then you reach the age of 85, still looking for something, and you've missed the beloved, the divine that is here every moment. Now this moment, and there's only one moment, appears in different forms.

This moment happens to be beautiful externally, beautiful surroundings, wonderful people. So it's a little bit easier as we sit here to enter the state of allowing. There may be moments that appear not good on the surface, not good in little ways or big ways.

You miss a bus or a plane, something little, or something major happens, some breakdown in your life, some loss. What happens then, usually, resistance comes up. Not a deep no to what is.

That is the reactivity of the little me, the mind made sense of self, the story. It gets stronger. The deeper the no is to this moment, and when a challenge comes, the no can become very intense, because pain is suffering.

The stronger the no, the deeper the challenge, the stronger the reactive no. And what I call the little me, which is a mind made image of who I am, based on my past, things that happened to me. Not only that, more importantly, based on an interpretation of those things that happened to me.

So the things that happened to me, together with a mental interpretation of those events and people from my past, over the years, an image forms in the head. Me. I.

And there's a story, of course, that is an intrinsic part of the image of me. So everybody lives in that work of fiction created by the mind, and the me is the main protagonist in that work of fiction. It may be a big drama, it may be a tragic comedy, a mixture.

So being trapped in a sense of identity that is very small. My past, my story, which needs to be continuously revived mentally. And the little me lives in resistance to what is, because the artificial, the fictitious nature of that entity cannot be sustained except in the state of resistance to now or denial of now.

Now, every life story, the little me story, is ultimately unsatisfactory. It is not satisfying. Anybody who sits here, if you look at the story of me, it didn't quite work out the way it should have.

That's not how I imagined my life to be. It looks as if something had failed, it had gone wrong, something along the way. That shouldn't have happened like that, that wasn't meant to happen.

So to discover this element of unsatisfactoriness in the story of me, always. However, if there is a little me sitting here, there may be one or two who are thinking at this moment, and he may be talking about everybody else, but I'm okay. Because I've just found my, the ideal partner, I've just fallen in love, and the story has now come to a satisfying conclusion.

So the little me says, okay, he's wrong about me, but he may be right about everybody else. My story is actually fine if the happy ending is there. Or you just got the dream job, or you just won five million dollars in the lottery, and then the little me says, oh, this is it.

If that's the case, we'll meet again here next year. You will have returned by then from the honeymoon. The fiction that there can be a satisfying end to the story of me is upheld, of course, by the media and all those things that you watch on TV and in cinemas.

And the end of most films tells you, yes, there is such a thing as an end, a satisfying end to the little me. So the director cuts after the wedding, or just before, cut here. And now for many others, it may be a revelation, the realization that, oh, do you mean to say I'm not the only one whose story is not satisfying?

I thought everybody else was fine, and just me, I wasn't doing well. So to realize my story, so far, hasn't been all that satisfying as a story. The little me doesn't feel complete.

What's looking for something? And there's pain in the story, suffering, sorrow. But then the little me says, okay, it may not have been a satisfying story up to this point, but you've still got the future.

And the little me says, this is where the satisfying conclusion is going to happen. So this is why, when you live from that mindset of the little me story, the future is such an essential, such a vital part of everybody's existence. Because it's there where the little me says, a satisfying conclusion to my story will be reached at some point, I will get there.

Whatever the satisfying conclusion of the story is, it depends on what kind of story the little me has fabricated for itself. It may be material success, it may be finding the ideal partner, it may be reaching a state of enlightenment. One day, I'll get there.

So the future promises fulfillment. That's why everybody is running towards it. If you go to a big city, I was in New York a few days ago, and everybody's almost running, continuously.

Imagine a visitor from another planet coming and looking at that. Where are they running to? And of course, they're running to the future.

They're trying to get away from this moment, because you're hurrying, moving to the future. Everybody is running towards the future, because this isn't good enough. I need to get there.

So it's a frantic attempt of the little me to reach the future. And if you cannot get out of the story of me, but of course here we are getting out. Even just by recognizing the nature of the story, by looking at it, we are beginning to step out.

Because it can only sustain itself if it remains unconscious. It can only sustain itself, the fiction of the little me can only sustain itself if it remains an unconscious movement. But when you look at it, that basically means you're now witnessing, you're watching the mind and the structure of the mind.

The recognition of that is already the beginning of the end of the unconsciousness that sustains that movement. And it has been running humanity for many, many thousands of years. So just here at the moment we are simply looking at the mechanical, unconscious nature of the mind structures.

But it's more than that. By seeing it, the seeing is not part of it. The seeing is part of something that is arising that is not nothing to do with the conditioned consciousness, the mind.

And that's arising here. So if you have not stepped out of the story of me at all, the worst thing that could happen to you would be not to have any more future. Because then the little me gets into a panic and says, what do I do without, the story will not reach a conclusion.

If you take away future, you take away the possibility of a happy ending to my story. And it's the worst thing that could happen for me to tell you, to tell you have no more future or almost no more future. And the strange thing is, really this is what's happening here in a subtle way, not going to shock you in any way, but in a very subtle way, gradually we are removing future.

From our consciousness, so the whole, that level of consciousness gradually is replaced by something else. We are going into that gradually. So that the little me doesn't go into a contraction and you run out of the room.

The future, seeking salvation in the future, seeking completion in the future. That's one aspect of future, salvation for the little me. The other part of future is, the little me also knows that the future is very threatening.

It is drawn towards it as an answer to its story, but it knows at the same time that the future is going to kill it. Of course it will, the little me. So a dreadful dilemma arises for the little me.

It's drawn towards future as an answer, as salvation, as fulfillment, and at the same time it's continuously threatened by the future. Because anything may happen, I may lose what I already have, which may not be all that satisfying, but at least I have that. And the future may take it away from me.

So the two movements that govern, whatever the fictitious entity that humans are trapped in, whatever action it undertakes is governed by two motivating factors which are to do with future. A deep striving towards future as an answer is the movement of wanting and needing. That's why they're all running towards it.

Traditionally this has been called desire in spiritual teachings. The other movement connected with future is, my God, what's going to happen to me? What's the future going to do to me?

That's called fear. Fear arises. So humans move between these two in a continuous conflict or dilemma.

Desire, which is wanting and needing, and fear. So drawn to future and fearing it at the same time. Easy to see why humans live in such misery.

And then the whole fiction of me cannot be sustained without being in opposition to something. The me to be sustained needs to be in conflict with something almost continuously. Because its survival depends on not me.

It depends on sustaining the illusion that this is a separate entity, this is my boundary, and here are the others and the rest of the world. And that can only be sustained. The illusion of separateness, of an encapsulated sense of self, and basically because of fear that underlies the little me, it's also a state of continuous contraction, both psychological contraction and even physical contraction.

Protection of the little me and its encapsulated sense of self. It needs, so that its illusion of separateness can be sustained, it needs enemies in some form or other. Why is it, if you open a history book, why is it that human history, 90% of human history is the history of insanity?

Anybody who opens a history book says, that is mad. So we need to get to the root of human madness, to go beyond it, not say, oh, they are mad. It's to see, I am mad.

To see I am mad is actually a very positive thing, because where does that seeing arise? Sanity. It's only as sanity rises you can see the madness.

And we can see the collective madness of humanity as human history. Unbelievable. Madness, killing, suffering.

So, how does that arise? It arises in each individual, embedded in the very structure of

the egoic sense of self is the need to have enemies. Enemies not necessarily in the form of people, although often that is the case too.

Enemies in the form of situations, conditions, even places. And so what's the very root of that? What is the real arch enemy of the little me?

The present moment. The thing it always is in opposition to, trying to get away from or fighting, if you look to the very root of its need for enemies, is to make the present moment into something that you need to oppose. And what is the present moment now?

Now, life. Because life cannot be in any other place, in any other moment, except now. So the little me lives in opposition to life.

Its enemy is life itself, which is now. Now, if that's not mad, what is? So, it's me against the universe.

It's the little me. Now, without, there may be temporarily, the little me may have brief moments of relief. Never for long, because it cannot afford to be in a state of non-opposition to what is for long.

It cannot afford to be in a state of peace for long. It cannot afford to be in a state of joy for long. It cannot afford to be in a state of love for long, because all those things arise only when there is no opposition to what is, but a deep embracing of what is.

So the little me fears that embracing of what is. Its very existence depends on not embracing what is. To recognize that is a wonderful realization.

Something within that recognition, is there something in there that is nothing to do with the little me. So there are two movements. You may find it even within yourself here.

Something emerges that is deeper than that entity, egoic fiction. It's emerging now. And there is still the momentum behind the egoic fiction of me, also maybe operating.

And you can be sure that it doesn't like this. The deep need that is embedded in the very structure of the egoic mind, is really a deep need for unhappiness. Never made conscious, because its survival, the survival of that mind structure depends on unconsciousness.

When you make it conscious, suddenly you see, wow, this is mad. My need to be unhappy, never recognized fully, always it comes in a hidden, concealed way, because the reasons for my unhappiness are always out there. This is making me unhappy, that is making me unhappy, the present moment is making me unhappy.

What is, is making me unhappy. Now as long as there is unconsciousness, the causes of unhappiness are out there. And there is always the interpretation, if only those things changed or I could change them, I would be okay.

And then you are engaged in continuing fighting with what is. I'm going to change these things out there to remove the causes of my unhappiness. If your behavior changes, if I can make you to change your behavior, then I can be happy, my unhappiness will go.

That's the illusion, and many people reach the end of their incarnation trapped, the majority still, reach the end of their incarnation trapped in that illusion. If only things were different. Not seeing that unhappiness is embedded in the very structure of the mind.

Its need, because that is an intrinsic part of its need to fight, to sustain, its separate sense of me. To see within oneself the need for conflict, the need for enemies, and the need for unhappiness. You can see it in relationships, love, harmonious.

If you meet a person, the first few days or weeks, sometimes even months, total harmony. And then first something arises that is very different, a completely different energy. The need returns for conflict.

And the longest humans are without conflict is often when they fall in love, and that can last a few weeks. Or if you went to live on a South Pacific island, you may be free of unhappiness for a little while. But you can be sure that the unhappiness which is in here, not there, in the structure of the egoic mind, will find a reason for you to be unhappy, even there, in paradise.

There will be something that's not right. It could be anything. Mosquitoes, boredom.

When there's, let's say, somebody could create for you an environment that has removed all causes for unhappiness. Deep unhappiness would still arise out of unbearable boredom, even to the point of suicide. You can sometimes see that with people who are born into great wealth, where all their needs or desires are immediately met.

And often, one should say, they should be blissfully happy, they've got everything. And often, deep misery arises, deep dissatisfaction with everything. So you can't get away from that.

But there's a deep reaction, a revulsion to what I'm saying in the little me that says, well, he may be right, this may apply to other people, but really, I'm unhappy because I have reason to be unhappy. The others may be in delusion, but my misery is real. And so to see, to look through that is an amazing realization that you carry around within the structure of your mind unhappiness.

I'm using that as a generic term. The Buddha used the term suffering. Other traditions use the term delusion or illusion, or even sin.

Christ is something not right, always. Sin has been misinterpreted. Jesus uses it.

Dukkha, as the Buddha put it, unsatisfactoriness, suffering, unhappiness. In the seeing of that, it already begins to dissolve. If that level of consciousness out of which the recognition arises is sustained, the structures of human unhappiness, which are the structures of that egoic conditioned mindset, begin to dissolve.

And what then happens, it only happens if your attention moves into the now and sustains itself in the now. And so, in order for that deep conditioning to dissolve, the ego likes to make that into a problem too. It says, OK, oh my God, it must take so long to get rid of that illusion of all that unhappiness that is in my mind.

How long is it going to take to get rid of all that? If it's taken 100,000 years for it to arise in humans, unhappiness, suffering is not a personal problem of anybody. There's nothing personal in it.

It's the human condition. If it's taken so long, will it take just as long to get out of it, another 100,000 years? And the ego says, yes, yes it will.

Give me time. That's why there's a strong attraction to cults. Every cult promises something.

You are going to be very special. You are going to reach that. Or we, as a collective ego identity, that can easily happen.

The little me joins with other little me's and says us. Same illusion, slightly different form. We against the rest of the world.

Some countries do that. We against the rest of the world. Religions, we, us.

So sometimes the personal me becomes partly a collective me. Partly moving out of that illusion. Now, cults give you time and promise.

And the leader usually says, if you stay with me for long enough, you can become like me. Almost. Not quite.

And there's an attraction because time is given. There's a spiritual longing, which is the longing to be free of all that. And the ego comes back and uses that very longing and makes more time.

It needs more time. So the illusion that a spiritual seeker can easily get trapped in, and not only in the cults, is that I need more time to become free of all that. And the amazing realization is, not only do you not need more time, time is the very illusion on which the existence of that mindset, the continuing existence and the survival of that depends.

And so in a very subtle way it will always try to get in there and, please, more time. You don't need another hundred thousand years to get out of the illusion that has taken a hundred thousand or a million years to build up. A beautiful line in the Course in Miracles

says, it has taken time to misguide you so completely, but it takes no time at all to be who you are.

To be who you are means who you are in your essence underneath the conditioned mind structures. And the only access you have to that is through the little doorway of now. And it's only here, it's only through the power that is inherent in the present moment, that all those mind structures dissolve.

The power of the present moment is the power of life itself, your very being. And they dissolve here and now. What arises in the now is presence, allowing this moment to be.

Let's say, really, here we have the key. Since the survival of those mind structures depends on enemies and fighting the present moment, which is the root of its need for enemies, when you allow this moment to be, the whole illusion collapses. Now, sometimes people ask, can I make this happen?

Can I make this shift, this revolutionary radical transformation of consciousness that you point to, that you talk about, that all the ancient teachings point to, in their essence, talk about, point to, can you make that happen? Sometimes people ask that question and say, you sound as if we could make it happen. Well, no, you can't really make it happen.

That's why I say, when you do not allow this moment to be, then you're trying to make something happen in the future. When you're allowing this moment to be, you're not trying anything. You're not trying to make anything happen.

It's the opposite of needing to make something happen. Allow. And the little me says, this is a place of weakness.

Don't go there, because you will have no defenses anymore. You won't even know what's going on anymore, if you don't continuously judge and label what's happening at this moment. If you don't continuously interpret what is happening, so you know what's going on, he's like this, what does he want from me, how can I get something from him?

Or even looking at incredible beauty, the immediate need to say something, to relate it to something that you want, there's a wind, there's a flower, the need to pick it, now it's mine. To immediately, to relate to everything immediately through mental noise, instead of allowing it, because in the allowing, a stillness immediately arises. And there's no need to interpret.

Allowing implies you give up the need to interpret the world continuously through the mind. And the ego says, no, no, I will become totally ignorant at the mercy of everything and everybody. And the ego says, I will be stuck in this dreadful present moment for the rest of my life.

I will be stuck in whatever situation I'm in now, that situation that's making me so

miserably unhappy, I will be stuck in it for the rest of my life if I allow it. I can't allow it. That's why I've been fighting it for 20 years, to get out of it.

Are you out of it? No, not yet, but I will. So the allowing really is something, when we talk about it, say, allowing this moment to be, your ability to allow this moment to be is grace.

It arises. Not everybody in California, even California, has come here. So the message perhaps would not yet be meaningful to everybody, but to be able to sit here without running out of the room or falling asleep, which can be different defenses against the truth, or feeling, what nonsense is he talking about?

To be sitting here without that, or even if it arises, the need to run out of the room, to simply stay with it and watch that, and see how it arises and how it subsides, and then be back here. That means through grace, whatever, something is already arising from within you that is not the egoic me, that's not part of the madness. It's arising, that's why you are able to allow this moment to be.

And whatever arises in the moment, yes, yes, it's good. This is relatively easy right now, although it may not be easy for everybody even here, because you carry around still, to some extent, the burden of me. So there's two things.

There is the power of this moment here, and the energy field here. Occasionally it may become obscured by a return movement of the me entity, as a wave, like a cloud. Sun appears, and then a big heavy cloud moves in again.

And that happens when you sit here, you lose presence, and begin to think about your problems. Which are never now, which exist in future, or the heaviness of past, and the two together, my problems. Let me remember what my problems are.

Oh, yes, yes. Waking up in the morning, open your eyes. For some people there can be a moment of, when the noisy mind hasn't started yet.

There's a simple presence. And you look around after opening your eyes. Not everybody, some people wake up, immediately burdened by the heaviness of the little me.

Others have a moment of freedom. And then, after a minute, the mind starts, and you remember your problems. Oh, this, and that, and that, and that.

Oh, my God. And immediately the heaviness descends. The state of contraction returns.

And then you turn around in bed. I can't face another day. And that's the human condition.

And we are moving beyond the human condition. No flower has ever said that, I can't face another day. Because it also awakens when the sun rises.

It has not yet removed itself out of the totality. Its interconnectedness with all that is. It hasn't removed itself out of that, and claimed a separate existence for itself.

Me. And this flower isn't even saying, I want the sun. Why did they put me here?

It's open to this, and because it's not denying what is, it's not resisting what is, it is open to something here that's even better than the sun. And it loves it. But if it said, no, no, I want the sun, it would be closed to this.

This. This moment, being fully alive to the power of this moment. And I often say, to be fully alive to the power of this.

Feel this moment with every cell of your body. Be here with every cell of the body. Every cell is alive, and you sense a subtle, otherwise you're stuck in the head, trying to work out what I'm saying, and there's nothing to work out.

Being alive. Feeling the very aliveness that you are. The entire energy field is present.

Every cell is present. You don't need to make an effort. It is present.

And you sense that you're everywhere. You're not just here. You're throughout.

So keeping, be here completely, not as a head attached to a body. Be here totally. This is, otherwise you can't allow, the head is not enough to allow this moment to be.

The entire being allows this moment to be. The head is not enough to be present. Be present with the entire being.

Sometimes people ask, doesn't it mean that you become identified with the body, if you feel the body? No, it's a way of going beyond identification with the physical form of the body. To feel the very essence that gives life to the physical form is not the physical form.

To feel it, and then the Advaita person may say, but aren't you saying that I should identify with an object that arises in consciousness as the feeling of the body? And isn't that, isn't the truth that knowing that I am the very awareness underlying it all, but the body is that. It's a temporary appearance of the consciousness that underlies everything.

It temporarily appears as the body. It's not the body. In a way you could say it's an illusion, the body is an illusion.

But within the illusion is something that is not an illusion. Otherwise even an illusion needs a little bit of reality. Otherwise it wouldn't be.

So to sense the aliveness, the presence in the body, this is just a temporary way of putting it, and feel the aliveness throughout, and then suddenly there's a field of

aliveness, not only within but also without. That has nothing to do anymore with your story. There's a field of aliveness within at first, but suddenly also the surrounding world has an aliveness to it.

Not that you need anything, it's beautiful, but it's all form, it's temporary, but that presence or beingness is beyond form, so you know that which is beyond form as yourself, which is a field of still presence, intense aliveness, still presence, and forms appear in that, and that's beautiful. The body appears, and it's fine. Thoughts appear, that's fine too, because you're no longer trapped in the thoughts.

You are that which makes every thought possible. So the key is that stillness that is so alive, that is now. So when we talk about the present moment, the now, what does that mean?

The mind says it doesn't mean anything. The mind says there's no such thing as the now. Can you show me where it is?

There's only past and future, and it's something very fleeting here that really has no meaning. That's what the mind says. But when we say the now, there's a mystery in there, and there's a key in there.

What temporarily we call the now, is something very strange. This moment, we are here. Before this moment happened, as an event in time, it already had a shadowy existence in your mind as the anticipation.

of this moment. It was going to happen. You knew you were going to come here.

And soon it will be over, and it will recede into the past, and it will be a memory. Another present moment will be there, or the same moment filled with the appearance of some other event, phenomenal event. Your whole life, strange how when something is gone, it evaporates into nothingness.

Even this, there will come a time when nobody will remember this beautiful moment as an external appearance. These bodies will go, so the memories will go, and then a few photos may survive of this event, live a little bit longer, and then become yellow, and then there may even, some people may have videoed something, but that probably has a limited lifespan too. And so eventually, the external appearance of this moment will have evaporated completely, including the bodies, and yet there's something here that is beyond the external appearance of this moment.

There's something deeper. The very essence of your life, which is like a phantom, your childhood, where is it now? Events of last week, gone, dissolved, it comes into the now, gone.

What remains is the field of now in which your whole life unfolds as form the stillness

that is underneath whatever happens. Things happen. The stillness is there and allows it to happen.

To know yourself as stillness is freedom. Freedom from form. Freedom from the world.

Freedom from self as the little me. And then the world is a beautiful place. It's no longer threatening, it's not threatening, and it's no longer promising.

It loses the qualities of promise. Something there is going to give it to me. Nothing, you don't need.

It's here now. You don't need to be given anything. Your very essence is life in its fullness now.

I don't want you to believe in that as an idea in your head. The words are only a little signpost. It's only if you are in the now with every cell of your body, that's how it's initially I put it, you can realize the truth of this, that life in its fullness an expression Jesus used He said, I want you to have the fullness of life.

Life in its fullness beyond anything happening or not happening. Nothing to do with how much time you still have as this form. Nothing to do with any life situation or condition, good or bad, life in its fullness is already here and that's I call that sometimes the power of this moment which is life.

So you don't need the world anymore then and you don't fear the world anymore and you don't need the future anymore you don't fear the future anymore. It has a peripheral existence only practical purposes. Let's meet tomorrow at four o'clock.

Okay. That's practical. It works on that level.

Beyond that, future is no longer needed to give you a sense of promise of some kind of deeper identity or fulfillment. It's an illusion. It never comes.

How can it give you that? So it's going beyond your life situation and the conditions of the me to a place of greater depth where you need nothing need nothing. And then as a little gift many things come to you on the phenomenal external level.

Life suddenly becomes so friendly whereas before it was an enemy to be fighting life suddenly becomes friendly. Even the phenomenal existence has suddenly a friendly face. Why?

How can it change from being from life being what Churchill called when he talked about human of history Churchill said about history is one damn thing after another. And for many people that's how they perceive their existence. One damn thing after another.

And that doesn't happen anymore. Life is no longer perceived through external existence

is no longer perceived and created through the me fictitious mindset of me. So when you are not fighting life life can when you are fighting life life fights you.

It's a mirror. And when you allow and say yes life suddenly says yes. Oh you embrace it that means life can flow through you freely consciousness life God just words can move and even express itself through this form freely and from being a burden on the planet which is what humanity is right now you become and from being a burden to yourself and a troublemaker to yourself and others little me from being this burden suddenly there is a blessing that walks on the planet there is a lightness to it no longer the heaviness of the person and that's love is now present the person talks about love but of course that's it's all fiction as Katie said yesterday little personalities don't love they want something so the whole wanting the deep energy the craving and wanting and needing and future goes so and things you had the little me said I need that for my happiness often they just come when you don't need them anymore they may not it doesn't matter but the strange thing is many things simply come icing on the cake the cake is what matters and you have the cake or you are the cake seek only the kingdom of heaven now seeking is a temporary phase you're not seeking anymore be who you are that's the kingdom of heaven which is within here now all the other things that you thought you needed will be added unto you doesn't matter anymore seek seeking coming to the end of seeking seeking implies future seeking even seeking to understand more I need to understand more about spirituality I need to understand more about Buddhism I need to understand more about Advaita what are they really talking about you don't need to understand more you've understood enough for you to have come here what else then that's the edge you've reached the edge of understanding mentally working out any further is just the mind trying to get back ok let's I need to some more knowledge I can't quite work out what stillness is stillness if you explain a bit more perhaps I can get there is your concept of stillness the same as the Buddha's concept you could do a PhD stillness in spirit the world religions 400 pages stillness and then you become the world expert on stillness and perhaps if it's all was all mind the world expert on honey who has never tasted honey it's quite possible you could be the world expert on honey without ever because it's all concepts we are tasting not just tasting the honey we are the honey so a state of consciousness arises in which thinking plays very much a secondary role it's it may come in occasionally for this or that your sense of who you are of being it's nothing to do anymore with any thought in your head about who you are story so your history is fine it's just things that happened to this form you don't need to say I'm trying to forget my history burn your photo albums no need it's just no identification that's just so and so my ex-husband my ex-wife photo no longer seeking the self seeking to strengthen itself through identification with your history that was my ex what he did to me I'll never forget let me tell you about it that means seeking a stronger sense of self through the history and the history becomes the story and becomes the me so it's the self seeking in your past goes it's just past no problem in it whatsoever self seeking in future goes in future is only practical relevance to your life

I'm booking a flight for next month that's how future works it's fine no self seeking in it one I'm booking this flight which will take me to such and such a place and when I get there there I will find the answer the fulfillment so all that self seeking goes to strengthen the sense of self artificially and that means just you are yourself already and as you always were now and maybe the mind can well who am I then step beyond the edge of understanding allow this moment to be the stillness you are not condemned from now on to permanent inactivity or passivity in stillness at first it's good as it arises let it arise in an environment that is conducive to stillness although sometimes it arises in people by itself or accidentally in an environment that looks totally non conducive to stillness that's the other way that's the way through suffering as it happened to me the stillness suddenly arose out of dreadful mental noise and resistance and here this is another way not through suffering suffering has played its part because it's taken you here and it's been good and this is a voluntary embracing of that not to be pushed and kicked into the kingdom of heaven life would do that to you anyway eventually so there's no need but it takes time this saves time removes time and as it removes time it also removes suffering so you can get to the end of suffering through time and further suffering until there's a self-destruction of the egoic entity when it has created so much misery for itself that it continues to exist it cannot exist anymore and it self-destructs or you've had enough suffering to come here and the eternal message of all spiritual teachings is you don't need to suffer anymore and the greater your suffering has been or if you're sitting here and feel you've come here with a burden of suffering perhaps physical some dreadful situation or not knowing how much more time you have as this form not quite knowing nobody knows let's just go into very deep yes and the worse your suffering up to this point the deeper your yes will have to be and the greater the opportunity it can happen that the yes uttered once can be so deep that the no never returns one deep yes to life the end of all no and that is your opportunity you may be ready it could be through the very fact that perhaps your the form may not remain in existence for that long maybe it will there may be an element of uncertainty and that now deepen you can go very deeply into the yes and into the now and into presence so that past and future falls away almost completely except few practical matters you walk on this straight this path of now I sometimes describe it as a tight rope of now and that is the flowering of human consciousness if you walk the tight rope of now and on a tight rope to walk a tight rope you have to be very present totally present every step there is no little me you can't remember your problems on the tight rope you would fall off immediately even fear you can't fear the next step you would fall off immediately there is only this step and there is a total presence with every step and this is the state that is arising and it's only in that utter and complete presence that the little me dissolves and all the problems that cling to the little me in fact make up its very existence they cannot they fall away they cannot survive in intense presence look at any problem in your life no matter how serious it looks and see if it can survive when your attention is totally here and then you become what you have always been which is consciousness itself the field of still presence that underlies everything so the person dissolves the heaviness is

gone that's the fulfillment of your human existence now it doesn't matter how much longer this form then exists a few weeks 50 years doesn't make that much difference fulfillment is this flowering is the realization of who you are but you wouldn't be able to say very much about it through the mind if somebody asks who are you there may just be a stillness and now the strange thing is from the point of view of the mind it looks as if you knew less about who you are than before and it's true it is a voluntary embracing of the state and this is also key a voluntary embracing and saying yes to the state of not knowing anything anymore that's why it's so frightening to the little ego an embracing of not knowing and not this vast power in that not knowing whatever you need to know at any moment which is always this moment will arise out of what looks like the state of ignorance to the mind whatever you need to know or anything you need to do to know at any moment wherever in relationships in any situation arises out of the state of not knowing so to become comfortable happy with not knowing it's a great thing to discover if you if you work with people as a therapist counselor but of course everywhere to become not to think how can I help this person people sometimes come to me sometimes with a story sometimes a difficult story less so these days sometimes with stories but how could I possibly help try to work out how am I going to I don't know I'm happy with not knowing so allowing the space of not knowing and now this replies this is the consciousness it applies to your entire existence it's fine not to know and then you stay with the not knowing which is the stillness and whatever is needed suddenly comes it may come as words as an action simply an emanation of love it happens so it's no longer totality life moves through and then you return to the state of not knowing it could be a simple thing like going for a walk and watching everything around you in that attentive alertness you're not walking there as a little me with it's problems you're walking as a field of awareness that looks at the universe the phenomenal universe and it's beauty not needing to put impose mental noise on anything interpret just don't need to know what this tree is called I mean you might know it it's no longer important it won't interfere with the beauty of that moment where you just no longer the heaviness of a person walking through the street a field of consciousness of awareness and you look at the world and you see oh if you were if you had a few thoughts in your head you would say this is good every moment is good and God saw his her it's creation and can't remember the exact words and saw that it was good you look that which looks through your eyes at the world is then pure consciousness the light that emanates from the source the light that emanates from the one source looks through your eyes sense perceptions and loves it's creation because you created it you are consciousness appearing as form and it's good so you you walk as a blessing on the earth no longer as a burden and everything and everybody loves you for that even nature you will feel nature trees flowers love your presence it's almost as if the very being moved a little bit towards you because within the totality where there is no separation between this and that when you see beauty without mind it's a self recognition consciousness the flower which is an expression of consciousness recognizes it's own beauty through you it's not you so even nature finds fulfillment through that it knows itself through you what looks

like you and yet all that is form the eternal is underneath the forms this very moment what are the ingredients of this moment the mind the voice your perception of the voice the totality of this space people flowers lights sense perceptions those things okay that's good there's also silence that's even better and to acknowledge the silence listen to it that's the arising of stillness silence is helpful ultimately you don't need it stillness doesn't depend on external silence but it's good it's helpful to listen to silence and it's only the stillness in you that can even be aware of silence if your mind were very noisy sitting here silence would be meaningless a concept the moment you listen to silence a stillness arises through the stillness you become aware of silence so it's within and without and then the realization it's always within it may not always be without but that dimension of consciousness is always there and then it may arise at the most unsuspected times you may find yourself in the middle of a noisy situation at work little me's fighting and suddenly silence arises and you're watching without condemnation without interpretation and then perhaps some words arise you say something very different anything that arises out of your inner stillness has a very different quality even if it becomes words it always has some of that stillness the place from where it came it still has a fragrance of that a freshness and a newness and perhaps you say something and it's come out of the stillness completely different dimension of consciousness is coming love basically beyond what the ego thinks love is we've been speaking about that which cannot be spoken of for quite a long time life is full of paradox basically we have moved beyond time more deeply into the now it looks according to the clock as if we've been sitting here for one and a half or one and three quarter hours but this wasn't really like that one deep moment timeless the timeless dimension of consciousness is coming and that looks like an event in time but you have to accept certain paradoxes that's how it is let's acknowledge the silence without through the stillness within and now meet everything everybody through the stillness bring the stillness be it because you are it and that is the dimension of the sacred that is arising inseparable from the stillness sometimes questions are fine but I feel at this moment there's no need for that it would only be the mind trying to figure something out that you already know and I know that you already know and your mind says no no I don't know yes you know we don't have a lot of ritual here just a minimum these bells I'll ring the bells before I start it's a call to attention to be present here completely instead of being lost in the mind in the thought alert completely here not needing to be somewhere else as you sit there it helps to be in the body to feel the inner energy field of the body inhabit the body as you sit here some of your attention is in the aliveness the animating presence of what on the surface looks like a physical body the rest of your attention is on sense perceptions and now in that state of alertness something miraculous happens it doesn't look significant at all from the point of view of the mind but in that state of attention you can be here fully awake fully alert without needing to interpret this moment mentally without needing to label what's happening you can be so aligned with this moment that thought is no longer needed and you haven't gone to sleep you're more awake than you would be if you were thinking just an alert presence we could call that the awakening of intelligence one more

time the undercurrent as we sit here and words come out of my mouth the undercurrent of this is always the state of attention the state of presence the words may refer to certain obstacles to the state of presence that arise the conditioning of the human mind ways in which the state of presence can easily become obscured I may talk about that who knows and yet no matter what words come what matters here is the undercurrent of presence in other words what really matters is the silent field underneath the words which you can become aware of for example in the gaps between the words there the silent field emerges so to speak it doesn't really emerge you can become aware of it just the small gaps between words and when you're aware of a gap between two sentences or two words there's a gap in your thought stream because you're paying attention to the gap of stillness and that is the new state of consciousness that is now emerging on the planet emerging in you a state in which you're no longer trapped in mental noise and a state in which you no longer have your sense of who you are in the mental noise in the head you don't derive your sense of identity any longer from thought from the story that your mind is telling you who you are the storyline of me and my life we're going beyond that narrow confined personalized sense of self which humans have lived in for so long so it's a shift in identity that's taking place here humans have been trapped for many thousands of years in an egoic sense of self and that consists of an accumulation of mental content humans have been a content based species that means deriving their sense of who they are from the content of their mind whatever the mind accumulates from early from an early age it begins with your name your name I call that the basket into which further experiences further content is thrown and in which it accumulates and then that

[Speaker 2] (3:43:58 - 3:43:59)

basket

[Speaker 1] (3:43:59 - 9:45:15)

that is the basket is the name that you think you are that your parents gave you that becomes the receptacle for experiences that are accumulated knowledge that is accumulated successes defeats sufferings relationships all those things gradually form a whole that is the me that is a mentally derived sense of self I'll just ask you for a moment to imagine to imagine that you don't have a name what that feels like not if you don't know who you are on the level of concepts that is let's just for a moment if that is possible imagine that that basket doesn't hold together anymore what is there if you are not the name and that which is accumulated in that receptacle and of course the name is just sounds it's just sounds that come out of your mouth if it's not pronounced it is an image in the head and that's me that's me and what is there when that goes so you can't remember your name and you're comfortable with not knowing your name then the experiences that have been accumulated on the conditioning doesn't quite hold together anymore it's still there but it's not a me things have happened where this form is things

have happened to this form but it's not it's no longer a person there simply a field of awareness which is what you are and the story that you have been telling yourself in the head of who you are becomes unimportant it does not give you an identity anymore you don't derive your sense of self anymore from the story in the head which is accumulated experiences accumulated knowledge and a sense of self derived from that accumulation content of the mind and every experience is content everything that happens to you some experiences are become stored up they become part of the accumulation and they the self they become they strengthen the sense of self they are accumulated to enhance the sense of self so in the when you live in that way from a fictitious sense of self you are always looking for things to enhance your sense of self to strengthen it or to protect it that sense of me because some of the content you might lose or you want to add to who you are not the sense of not being complete is an essential ingredient of the fictitious sense of self everybody has that and everybody interprets that as a personal problem that very sense of not being complete becomes part of who you are and who you are striving to be haven't arrived yet and even those people who are being told by the world that they have arrived have the feeling that they haven't arrived yet and there's something wrong with the world must have gotten it wrong they are telling me that I have made it and I can feel that I haven't made it and then you read about people who have everything fame and fortune and good looks and then they have they can't stop drinking and they need to go from one psychiatrist to another have they made it and in our culture they are shown as examples of this is you too can achieve that and everybody yes, everybody swallows that and then the message that is there in the culture is that yes, you can make it because look at those people they made it if you meet them you will realize that they haven't made it at all and some of them actually will come they read the book there are some famous people who loved the power of now because they saw very clearly that what the world was telling them was not true otherwise they would never have read it what for if you've made it you don't need spiritual transformation so it is wonderful a few of those people who have achieved all possible worldly success realize that's not it either and I still don't know basically who I am and I wake up in the middle of the night in a state of dread and anxiety and my relationships are continuously in chaos and to see that the attempt to complete yourself to find a more complete and more fulfilled sense of self on the level of the story that attempt is futile because on the level of the story that you're telling yourself in the head of who you are you're not going to make it no story has a happy ending a few false happy endings such as a wedding that used to be the traditional happy ending on films and plays but we all know that's a false happy ending there's no happy ending because all your achievements are going to dissolve and you're going to die and then no matter how many millions you have in the bank it becomes meaningless and what is left of every story is the two inch gap between your date of birth and date of death on your gravestone that contains all the sufferings all the drama that was part of me and my story and somebody derived their sense of self from all that they thought that was who they were it's sad they never realized who they are they were trapped in a fiction their

sense of identity trapped in a fiction for a whole lifetime maybe if they were lucky shortly before their death or on their deathbed the whole story collapsed and something else emerged and that happens occasionally occasionally as death approaches maybe it's only a few minutes or a few hours away there's suddenly and some people who have been sitting with dying a dying person have reported that in certain instances something shines through suddenly it's almost a light that comes through and that happens when the mentally made sense of identity the fictitious sense of identity dissolves because that is a heavy it heavily obscures the light of consciousness that is underneath and it can happen shortly before death that fiction dissolves and suddenly it's like a flowering there's an enormous light shining through as if a flower had just opened and it could have opened before but it just it opened only a few minutes before death but at least it opened and one could say the purpose of that life is fulfilled but the message here is that you don't need to wait for your death approaching before you can know who you are beyond a mental image of who you are you don't have to wait for death to approach because you might not get it even then you may get be trapped in that image even as you die and that means you would die in terrible terrible fear and anxiety because that image is dying the me is dying the transformation of consciousness that is happening to each one of you is that kind of death but it is not the physical death it's the death of what I call the me or what in some spiritual traditions is called the self which is a mind made sense of self that is dissolving so really why we are here is to undergo that death voluntarily well partly voluntarily because if you hadn't gone through great suffering already due to being trapped in a mental image of me which is a suffering sense of self a sense of self that is unhappy a lot of the time so you've been trapped in a suffering sense of self and the suffering has become so acute that something within you said this is too much there must be something else I can't go on like this I'm saying this because that happened to me so it looks as if you had chosen to come here and that's fine that's one perspective on it but really you were driven here because you want to die you want to die that death of the self the little me in the head because that's not who you are now the little me doesn't want to die so there are two movements inside you one is the movement towards liberation and it's a very strong and increasingly powerful movement to become free of that something far vaster is emerging in you than even the most even the heaviest and most dramatic story of me than even the heaviest me could be that thinks oh I'm so heavy nothing you can sometimes see people you say well there's no chance that they would ever become liberated in this lifetime if you look at the heaviness of their drama and their total identification with the drama of me but you might be wrong because very often the most unlikely people suddenly step beyond and perhaps the monk that's been who's been practicing meditation for 30 years hasn't stepped quite beyond yet there's still a me and mental image of me as the spiritual one and there might be a criminal here in a prison cell who suddenly whose sense of mentally made sense of self suddenly dissolves and what emerges is great joy aliveness and peace and a state of connectedness with being a vastness which is not separate from you is one with who you are can only express in paradox it is you and yet much

greater than you so we are here to connect with that vastness that lies underneath the storyline of me and we are allowing the story of me to come to an end your sense of identity is no longer derived from the content of your mind whatever thoughts go through your mind you are no longer a thought-based entity thoughts still happen but thoughts don't give you an identity anymore then thought is not problematic the continuous stream of thinking is only problematic because your sense of self is trapped in it that makes life extremely problematic and every thought tells you how problematic your life is I'm not complete I need I want I must have where is it?

to complete myself I'm looking for myself I want to add something to the content of me it might be acquisition it might be material things it might be relationships or it may be in higher developed human knowledge it is still the search nothing wrong with knowledge but here we are speaking of the self-seeking through knowledge to seek a stronger sense of me through knowledge and we've all met people whose sense of self is primarily identified with all their knowledge if you go to universities you meet many of them I was there in other places the content that is that primarily gives you an identity might be appearance it might be could be anything the it is amazing what that sense of self can use and does use to strengthen itself from the smallest to the biggest it will it can it's like an animal like maybe a pig that will eat almost anything and absorb it and that's me me and it's not anything even a miserable experience can be added to my basket of miserable experiences and I when my sense of self is predominantly unhappy as is the case with many with others it's half-half happy unhappy happy unhappy in others it's predominantly unhappy and they're telling everybody or themselves in their head this unhappy story and how they're trying to get out of it for years they've been trying to get out of their unhappy story of me and but their their primary sense of self the content with which they are identified in the mind and in the emotional field mental emotional content is misery so when that is the case what they're looking for to strengthen their sense of self is a further piece of misery because other things wouldn't fit in that basket they would not be compatible with all these things that are in the basket if it's predominantly misery I'm looking for more misery my self gets even stronger a more miserable self but the ego loves that that ego feels stronger in that so the world is full of people who are looking for further unhappy experiences mad as it might seem to strengthen their sense of self and you can actually you can sense it when you have certain sensitivity and presence when you meet someone who has a very that very heavy sense of self that is predominantly identified with misery and that of course the pain body comes in there which we may address a little bit later so it wants more of that it will use anything to strengthen itself you've all the tiniest things you all know these things that everybody does it it seems things name dropping that's just a tiny example of I want to add something to who I am or I spoke to such and such that famous man the other day whether it's true or not in many cases it's not true they just why is that because they want to add a bit more content maybe I can become a bit bigger I can really it's all a search for yourself and it's a never ending search on that level and then

you might come when you go beyond name dropping and go beyond deriving your sense of identity from your car perhaps all of you have gone beyond that well some then you may come to the search may continue on another level the search continues then on the spiritual level which is also a search for acquisition to add to this who I am it could be in the form of greater knowledge I want to understand the universe what's it all about the mystery and I want to and then image forms of me the one who's gone beyond material things the spiritual one and you've all met people who are and it happens so easily because that tendency of image making and of needing to add to the content of me is so strong even seeking for answers means I want to add more content there's nothing wrong with investigating or examining but I'm speaking here now of doing that in the service of a self to derive a greater self from that and that's the delusion so everyone is trapped in that seeking for a deeper greater stronger me sense of self it's never enough it definitely who you are now your story will tell you who you are now is not enough the basket isn't full yet or what it contains isn't good enough I need to add better things to my basket other things and so I need the future without the future I cannot be myself is the delusion I can only complete my sense of identity through having more future enough future please give me more future so that I can know myself please give me time so that I can know myself that is the mind pattern because for everything else you need time please give me time to make money you need some time please give me time to learn a language give me time to find a mate give me time to make a cake everything requires time and on that level it's fine you need it of course you need time for all those things but then if you then step into knowing who you are give me time to know who I am is the delusion that's the beginning of the delusion that you need time to find yourself and when that is the delusion your whole life then all once the delusion that you need time to find yourself is firmly established and it happens quickly then all further activities all further action all further thought all further aims are coloured and distorted by that delusion so they're all an expression of the delusion of needing to find yourself all the desires and fears that dominate a person's life that provide the motivating power behind what people do the desires and fears the basis for that is that mentally made sense of self it fears that it may never become complete or it might lose the little it has and it desires more content in whatever form some form some content that's why spiritual traditions speak of desire let go of desire but I'm not saying let go of desire let's leave that for a while just look at desire why make another problem and say you should let go of desire just look at it and see how it operates so there's and then you have what operates on the personal level operates collectively so the that personalized sense of me that isn't complete and fulfilled and needs something never happy with what is it's not enough never happy with this moment it's not enough not good enough the me is not complete always at odds with something or someone which it likes because then it feels I know more who I am when I'm at odds with something or someone than when I'm at peace it doesn't like peace it likes to be in conflict in one way or another because then the me gets stronger in any kind of conflict or opposition that's the contracted state of me and it so you're these days many people have stress what does that mean? it means

you're in conflict with this moment and that's again part of the whole civilization is a stressful civilization because it's the whole civilization is an externalization of the human consciousness so everybody is under stress which means they're in conflict with what is they don't want to be here because they need to be in the future that's called stress I need to be there and you can actually see the reaching out how stressful it is it tears you apart never quite getting there that reaching out and it's in people's faces they can't be here because they need to be there urgently and this that sense of self likes that because it feels stronger in that in that conflict it contracts more and then you have a pseudo substitute sense of self that at least now I know I am because you're in a fighting mode with life you're in a fighting mode with the present moment which is life whatever it is I'm against it what do you think about the present moment I'm against it it shouldn't be and then that sense you can see how it's so deep seated that the discontent the unhappiness that's part of that the self and if the self does not want to be free of that that's not where the longing for freedom comes from the longing for freedom does not come from the self the self speaks of freedom but then sabotages it continuously it says I'm looking for peace and then creates conflict and then you can see how it operates collectively the same mindset operates collectively let's have another peace conference and in the meantime they produce more and more massive amounts of weapons so let's talk about peace the peace process they're still talking about peace process and they're continuously throwing grenades and machine gunning the peace process talk about peace peace they don't want peace because the mindset depends on non-peace for its survival so whether your sense of self is predominantly a personalized sense of self or whether it's predominantly a collective egoic sense of self a religion a nation or a racial thing then that can be even stronger than the personalized it's actually exactly the same principle at work exactly the same mechanism at work but can be even more mad than the personalized sense of self which is mad enough but you can see how mad humanity can become when they identify with a collective me that's the height of madness and what they are capable of doing when the egoic sense of self is a collective one then all the respectable citizens become monsters and the criminals are harmless compared to that and the crimes against humanity criminals are not committed by criminals they are committed by respectable citizens and still are nationalistic religious whatever they are whatever their mindset whatever their mental image is the mentally made sense of self of us they need their enemies they need fighting they need to be at odds with another nation fighting another religion then I know who I am when I'm at odds with something so it operates on all levels hence the madness of human history and the madness of everybody's life just as my life was completely mad I mean when you look at the surface it looks ok they look as if they were sane well I must I mean if you look at big cities the running about like frightened chickens it's not all that sane but it's still just when you look you see that everyone's life is dominated by that conflict so there's self seeking through this that the other to strengthen the sense of who I am and there's that is the madness self seeking through future there's the madness so if we can see the madness we're already that is the beginning of freedom we already have one foot in freedom

when we see the madness of self seeking through future of self seeking through further content and that includes any question that arises in your mind at this moment I want to know something more because in this transformation of consciousness your understanding is relatively unimportant the little that you need to understand you've understood already I just pointed to simply see the madness beyond that what emerges that state of consciousness that is emerging you cannot really understand or figure out through the mind what that presence is what do you mean by presence because that is a state of consciousness that is not based on content the presence is as I sometimes describe it a spaciousness a sense of space that surrounds whatever content there is in your life thoughts emotions sense perceptions or experiences even sitting here and listening the truth is not in the words the words only point so don't accumulate the words you can't take the truth home with you nor do you need to because you are the truth so the words only point to that spaciousness that is inside you in that spaciousness and so you that spaciousness you bring to every sense perception that spaciousness is there you don't really bring it you realize it's already there for example when you look at something let's say it's the flowers when you look at something and there's no mental noise around it there's simply this perception of that and I recommend that practice highly to look at a flower in the state of such alertness relaxed alertness that you don't need to label it in any way the first thing you notice when you do that is how still a flower is and I'm sure you never noticed that before when you looked at it through the mind the mind has no knowledge of stillness the mind is noise so when you look at a flower an amazing thing happens the first thing you feel of course you see the beauty there's the color and there's the light shining through the petals it's very beautiful but you notice more than that you notice that it is very still and anything in nature you suddenly notice that there is an essence beyond that which you see that lives in a state of deep stillness and when you notice that what does that mean when I say you notice that it means at that moment that deep stillness is there in you when you notice it in a flower that a flower lives in that state the noticing it is the arising in you of that state of stillness and that is a state of great sacredness and aliveness and beauty but deeper than the beauty of form it is the formless that arises in you the formless consciousness so that is what I mean when I use the word spaciousness perhaps you didn't quite know what I meant so we are gradually getting there I'm giving you a few more pointers to what that means there is a wake up call nature here is so alive all plants that have good karma come to California and there is such profusion of plant life here so anything to truly a flower a plant could be you don't you wouldn't need any more spiritual teachers any flower could be your teacher and you don't wouldn't need any other teacher if you can truly be with a flower and be alert and watch so the intelligence that created that flower and that beauty operates in complete stillness it doesn't need noise it doesn't need to have a committee meeting to find out how we can create a beautiful flower let's discuss it let's feed the information into the computer and let's talk about that and let's break it up into little mathematical formula and okay how can we let's create a beautiful something incredibly beautiful let's bring the most intelligent minds here on the planet and let's

create something incredibly beautiful and after a lot of noise making they would never be able to create something like that and it's so the the greatest the greater intelligence operates without noise only the human mind is an aspect of the vast intelligence a tiny aspect that is noisy and that's fine too if you're not seeking yourself in the noise if you're seeking yourself in the mental noise that's it's torture it's a prison it's awful otherwise okay the mind is a particular expression of intelligence and it's it is noisy there's no problem there and that's not who you are it operates in you no problem you need it for certain things it's helpful for many many things you need the mind except for knowing who you are except in other words except for the most important thing in your life for everything else it's fine and when you truly notice that a flower exists in complete stillness it not only is still inside you almost sense that it's surrounded also by stillness a field of stillness everything in nature and it's beautiful it's alive but it's not noisy so the noticing of that dimension is the spaciousness that is around the content in your life and I've only given the example of the flower so far but it you will see that it applies to all the content in your life to all your experiences they happen let's now shift from the flower to a traffic jam you're sitting in a car stress you want to be you need to be there but it's not you're not moving so that is an experience there's an experience of stopping stopping no movement the same spaciousness that is of course easier to become aware of when you contemplate a flower that event that we call the traffic jam you can also notice it notice that it is surrounded within the spaciousness because that spaciousness is always the now in which it happens so what you become aware of there's the traffic jam which otherwise would have irritated you tremendously and brought up anger or frustration made the unhappy story of me even more unhappy instead there's the traffic jam and how do you how do you find the spaciousness around that event simply by allowing that moment to be the moment you say yes to anything that happens completely instead of fighting or resisting what is you become aware of a dimension that is deeper than the event now whatever label I use for that doesn't matter just every label is just a little pointer I can call it a spaciousness around it a stillness in which it happens and that now next time there's a traffic jam see what happens when you completely say right here I am the car is not moving it is as it is and suddenly there's a stillness around the content and then your next practice will be an emotion arising anger arising maybe you didn't catch the traffic jam in time so you became angry anger comes up and here too you can allow that say there's anger here it is anger has a lot of energy to it it is as it is there's the energy that we call anger trapped energy like something trying to get out it is as it is now it's not so easy here it's easier to see the spaciousness the silence around a flower than the silence and spaciousness around anger but the same principle is at work you can anything that you allow any form that arises that you do not resist because you see the futility of resisting a form that has arisen it is what can you do of course you can then action is possible but in the meantime it is so the whatever arises in the now is completely accepted and through that a deeper dimension suddenly reveals itself to you and that I sometimes call the spaciousness around things the spaciousness around whatever the content is and then you can take the whole story in your head of me and

my past and my life situation and see also that it's surrounded by spaciousness another word for that spaciousness is the now what that means is you become aware of the now in which everything happens undoubtedly it does it cannot happen anywhere else nothing can happen outside that field of now mostly people are not aware of the field they are only aware of what happens in the field not only are they aware of what happens in the field they are identified with what happens in the field of now and they react to what happens in the field of now in their search for a self in their search for a self whatever arises in the field of now they cling to or they run away from they have a there's an identification with content that happens and there's complete ignorance of the vastness in which it happens so you get you get trapped in form and by reacting to every form that arises in the now your own form identity gets stronger the illusion that you are this psychological form with its story and this physical form gets stronger with every reaction to another form that arises this is the secret of life the mystery when you see that how that operates and then you can see why the self needs the reactivity for its continued life it perpetuates itself through reactivity because every time you react to something there is a strengthening of your form identity the psychological sense of me you can see how the me loves discussions how the me loves to be right and so you react to this person's opinion you can even spiritually maybe it happened to you this weekend somebody said gave an opinion and there was the reaction saying no you're wrong I know better maybe you do but there is a self seeking there and there is a strong energy behind it the reactivity so most people go through life in that mode of reactivity and whatever arises in the now they react to and most of the time it's a no a form arises or there is a subtle turning away from it so to see that is the beginning of freedom and then you see the miracle that happens when whatever form arises it is not resisted it's allowed and that form could be an event an external event it could be a thought that comes in or an emotion that goes through you it's simply allowed to be because what's the point in saying no if it is it's allowed and there it is that is the key word allowed means you're no longer a reactive entity it doesn't mean that you cannot respond to what is required you respond but not react react is the conditioning is playing itself out the self is strengthening itself through the reaction response is action arises that is totally right for this situation but it doesn't come unless you first say yes and then action comes there's enormous power in that yes it is the power of life itself the power of consciousness itself that is there the moment you say yes to life then the power of life is there and flows through you not egoic power that I want to know I must have all that a deeper not power over some other form but the power of life itself is suddenly there when you say yes to life and saying yes to life is saying yes to now this moment and that is there so instead of going through life and reacting to the content that arises in your life continuously new things thoughts emotions external events people places the scenery around you changes continuously that's all content instead of reacting to content the content is allowed to be and then you are aware of instead of just being aware of identified with what arises in the now you become aware of the now itself beyond the phenomena that arise in it that is the miracle of transformation of

consciousness what does that mean? you become aware of the now itself you become aware of an under current of stillness in which everything happens you sense it not only that even that's not quite correct you realize that you are it and then it's so easy once you realize you are that deep under current of stillness the world is no longer problematic that moment you know yourself to be that whatever content there is in your life including the story in your head of me is no longer problematic it's simply the story of me but you don't get your identity from it anymore what's left are simply your photo albums either physical photo albums or the photo albums in the head those things that happened to me ok or video video thing these days people record things on video film so you may have a collection there of two years ago five years ago ten years ago that was me with my first wife that's me with my second wife and there's the third wife you're not saying no that is all illusion of course there's your first second and third wife or husband but it's you're no longer it's simply ok you're no longer in a reactive relationship to those events that are took place in the past and are now remembered now in the field of now where else can they be remembered they're remembered in the field of now you're no longer in a personalized and reactive relationship you're not seeking yourself in your reaction to your three ex-wives or ex-husbands just one example so those stories go then you know what he did to me or she did to me and I'll never forget what he did and said and so on it simply is a is things that happened in the past not me there's no identity in it you don't need it anymore for an identity and the future is fine too of course you need future for many things nobody denies that but you don't look for yourself anymore in it you can't find yourself there so it's no longer problematic it's no longer threatening the future nor is it all that promising it just is and you deal with it you make arrangements for next week to do this or that next year going this or there make appointments for the future work out something that you're going to do without seeking an identity through it simple effortless doing not straining effort means really you're seeking yourself in something everything when you're seeking yourself in it is effort and it's strain and it's stress then after that life is so simple and why is it so simple I'm not saying no challenges will ever come anymore of course they come challenges are wonderful but they are simple because they're only now there's nothing that big that can come into the field of now and the power is there to deal with it now when you allow whatever arises to arise and if it needs a response if it needs dealing with there's vast power that immediately flows through you and action you take action a few people have experienced that in emergency situations who who suddenly did just the right thing and people say how could you have been so courageous to have done that there was no thought involved there was a greater power that took over so and then those people say well I don't know I just did it I don't know how it happened they don't think they did anything great because there was no me involved in it your whole life can be like that simply by continuously by dwelling with your attention in the field of now the field itself then let it happen let the world happen it's great let the forms come and go as they will no form stays for that long every form that comes comes and goes let it come you enjoy the play of form the form around you the fear of loss is no longer there because why is

there the fear of loss because there is an identification with some content and there is the fear that if I lose that I lose part of who I am it's the fear of loss whether it's fear of material loss any kind of loss that goes so it's basically it's the end of fear as and you can see what a miraculous transformation that is when humans no longer live dominated by fear my god you can actually live in a state of joy and aliveness continuously no matter what arises because what arises isn't that important it's a form it's short-lived it's a play of phenomenal existence the universe playing with form consciousness playing with form let it play with form you yourself become a participant in the play of form you can create without self-seeking and then you create beautifully but when you create and there's self-seeking in it you create there's a negative energy field in that I need I want I must have without that I'm nobody oh I mustn't lose that and then there's competition I need to fight him and her because he might get there before I do and all the things that create our civilization goes and the power of consciousness itself flows through you it loves to create so it'll create through you who knows what you don't need to know it now let it flow and then all there is left really in your life is the simplicity of this moment and it's always quite simple when you're no longer seeking yourself in past and future then you can honor this moment and honoring embrace the now because it is life it's an expression of life you embrace what is yes through that embrace you know the spaciousness that is around the form that is there ah this is the new state of consciousness that is arising in humans this is the end of a personalized sense of self so you're only a person now on the surface just as a matter of convenience and for practical purposes you are still a person on the surface but there's not an identity in that person there's not a sense of self anymore that I need because you realize that there's the surface of you as a person and you can keep your name even don't you don't have to say I'm no longer using my name nor do you have to say when somebody asks you what's your name would you say I have gone beyond name and form because self-seeking can come back in through the back door and when you tell somebody that you've gone beyond name and form you're actually telling them I am very special I am more special than you you still have a name a while ago I asked somebody I don't know why I asked it I don't usually ask when were you born or where were you born and he said I was never born of course it's true but when he said it it wasn't true so you have to you don't become special you become quite ordinary in that as that new consciousness arises it doesn't say look at me quite ordinary the need to be special which is part of the mentally made sense of self and that's an essential ingredient of it please let me be special if I cannot be special and be a great success at least let me be special in my misery please let me be more miserable than other people the need for specialness goes it's wonderful you can be quite you don't need to be anybody in particular you are the field of now it's vast it's alive you are the spaciousness around phenomena the need to stand out to make an impression isn't there even to have an to strengthen your identity through having an opinion and telling somebody you can still words of course will still come out of your mouth but not in a self-seeking mode the need to be someone look at me that's the egoic need or it gets inverted some egos don't like to be looked at don't

look at me but really they want to be looked at it's just the reverse it is so simple you sit here and you get it and once you get it what that really means is that it arises and you have even a taste of it you can never go back to the original madness for long because even to have a taste of this means what that means it has emerged of course it can become obscured again temporarily and then you're black back as a little me in the head and with its problems and you can easily see when you look in the mirror or you look at somebody else the moment it becomes obscured a veil goes down in front of your eyes are like suddenly veiled and there's a people there's a deadness suddenly that comes over people when they're trapped again in mind and what the expression in their eyes is telling them I don't want to be here it's a basic ingredient I want to be somewhere this isn't this isn't it let's get somewhere else let's get to the future fast trapped in thought trapped in mental noise now mental noise of course it'll still be there in you mental noise has a momentum it's been there for half a million years it'll it has a certain momentum so occasionally your mind may still be noisy and then you see hmm there's so much noise look at all that noise in the head you're no longer trapped in the noise even there you can there can be a spaciousness around that I'm full of mental noise and that's okay even that you can allow if that's the case at this moment all right let there be mental noise go on let there be mental noise and you'll be amazed how quickly you go beyond it beyond anything that you allow completely oh I'm so unhappy with my life okay be unhappy let me be unhappy I say okay to my unhappiness it's fine I allow myself to be unhappy I'm unhappy I say yes to my unhappiness it's not that bad to be unhappy see what happens if you do that I don't mind being unhappy that is it's miraculous the power of surrender that really what it is the power of the yes that you bring into the no the no still has a momentum the no to what is predominantly and it has a momentum so it will appear and reappear inside you unless the miracle of radical transformation happens to you here and now as you sit here that's possible too in some cases it happens that once and for all the no dissolves and never returns it can happen it's very rare usually you have to suffer dreadfully for that to happen so you're not suffering perhaps quite enough here mostly the no still has a certain momentum and you will know the no when it happens you will be able because presence is arising all that is required of you is to see that you are in the no modality in the no mode of consciousness in any moment there's an inner tightening there's an inner contraction and there is a monologue or a dialogue in your head that complains about this moment and says this shouldn't be happening this no, no, no I don't want this or the no is a more subtle thing it's disguised as there's something more important that I need to get to not this isn't the moment I'm interested in I need to get to I need to get there not I'm not interested in now I'm interested in then, there that's very habitual and that's a disguised no because it's not an obvious no it's simply a denial of now because the future is regarded as more important whether it's the next minute or tonight or this weekend or in a few years when I will have made it it doesn't matter the future is regarded as more important and that is a subtle no disguised no to what is I need to get to the future and again of course it's connected with the self-seeking I need to become somebody in the future some bigger

self some presence you cannot see it you become the no as most people still are in this world they are walking no's but there is enough presence in you many of you have been here the whole weekend and presence is arising anyway there is enough presence in you to recognize the no when it happens and not to fall into the error of super imposing another no on that no and saying you see I shouldn't be feeling I shouldn't be in that contraction I'm doing it again you see it's no good it just doesn't work for me no that would be a no on top of the no when you see a no in whatever form it comes to this moment you see you recognize it's a no and you recognize it's some form of tightening or contraction and what you do then you say oh ok that's how it is there's the contraction there's the no again let it be let the contraction be and see what happens you see so you always you bring the yes into the no the yes into the no that is that's all you need it's very simple nothing is rejected and denied or complained about nothing that is inside or outside and then more and more you know who you are beyond that which arises in the now you're no longer looking for yourself in that which arises whether it be an event a thought an emotion a sense perception anything you know yourself to be the field in which it arises or the spaciousness around all the content all the events in your life you are that and that's the state of peace no matter what happens there's always because that undercurrent is peace itself and it's you it's not it is the essence of who you are which is not separate from the essence of your partner your person next to you anybody or any form and the miracle is once you know who you are you know you cannot necessarily say anything about it it's a miracle that I can say so much about it something that cannot be spoken of once you know who you are you know your own essence and you know the essence in every other form life form because you are one in your essence with every other life form and then you look at the flower and recognize your own essence in the flower and then you look at a cat and recognize your own essence in the cat and then you look at another human being and you may have to pierce through layers of mental ego stories mental noise the veil and you pierce through it just stay alert and you look you can ignore the story and all that you look and then you know the essence of that human being is who you are you know every life form as yourself manifested in a different form because the universe or consciousness likes the play of form that's the beauty of the manifested universe and you know yourself to be the unmanifested one life before it is born into a form the one life before it becomes something or someone the one life after a form dissolves the timeless one consciousness if God has any meaning that is what it is so self-realization and God-realization of course the same the only place God can be known is in yourself as your own essence not separate as Jesus already said the kingdom of heaven is within it's not there in space or time so you know God that's how it is if you don't like the word drop that word it's only a word don't get entangled with any word and so when you know each life form as yourself that is called love and that is an essential part of the new consciousness you are then continuously in a state of love not the egoic so called love that says I can't live without you don't you ever leave me not that kind of love that clinging no the love that knows the other as yourself it's so simple and love your neighbor as yourself because the

teaching of Jesus only exists in fragments that people have written down Jesus was pointing to a state of consciousness that is possible for humans that is emerging here now which he sometimes called the kingdom of heaven and what he said was I wasn't there but I know what the essence is timeless it speaks the truth no matter it's always the same once you know the essence you know what they said even if you get a mistranslation you still know what they said when the essence speaks know in that new state of consciousness you know your neighbor to be yourself you love your neighbor as yourself when you know your neighbor to be yourself so you love your neighbor not he didn't mean as you love yourself but as yourself because your neighbor is yourself and of course people have been trying to love their neighbor because unsuccessfully for so long because they didn't realize the depth of the teaching they thought all we have to do is to obey a few commandments and do as he tells us but the depth was that it was pointing to a completely new state of consciousness and you cannot practice the foot of the new state of consciousness in the old state of consciousness and that's why the discrepancy comes that Christianity has a history of violence amazing but the truth is there hidden simple very simple this is the now it hasn't changed never will change we are moving beyond thought there's a book by Krishnamurti which is called The Awakening of Intelligence and really this is what it is but intelligence not as defined by academic textbooks is not the intelligence that can be measured in IQ tests all that IQ tests measure is your ability to solve little puzzles intelligence is so much vaster than that and that is what is arising here and now an intelligence that is that operates noiselessly that does not exclude thought the vastness of it includes thought but it's far beyond thought thought is small but thought even thought can be inspired informed and energized by that vast intelligence when thought is no longer trapped within itself when a self is identified with thought thought is like a knot K-N-O-T you have tied yourself into a knot intelligence cannot flow through freely this is the untying of the knot in both senses of the word the no to life and the knot is being untied then the vaster intelligence can move through and it can even express itself through the mind you can speak from that state of still presence it then will the energy of that field then flows into the words and the words are empowered of course they are not new very rarely does it happen that one creates new words nor is it necessary every word is old it has a history there's nothing you can do about that every thought most thoughts is conceptual words it's old it has a history and yet when a word arises out of that vastness not the prison of a little mind self-serving mind a mind that is now open to the influx of the greater intelligence then it can be the mind can also be inspired by that it can then give form and it will come creative forms new forms there's a freshness a newness an aliveness and a power to the forms that the mind then gives birth to because the mind becomes aligned one with the vastness of intelligence as it did with every creative person in the world every creative person somewhere in their field of creativity were aligned with the greater intelligence not usually in their whole lives but here our whole lives are becoming transformed by that so I've been speaking for a long time words have been coming out of my mouth this mouth and yet the words came out of the field of presence of course they are old words

but there is a power to those words that goes beyond the informational value of the words that has its place too the words point to the truth they have a certain informational value you can then see where madness is and you can see where the end of madness is the informational value of words but the words that come that are spoken from presence have an energetic quality to them which comes from the vastness of presence or consciousness they are so to speak charged with the energy of that and that's why it's beautiful to sit here and listen to the words that come that are spoken by presence as the words you listen to the words the words are being decoded by your mind the mind extracts the meaning from the words but that is not the end of the words then the words go deeper into yourself and what's left of the words is the energy of presence that they carry they become carriers of that and then they awaken the presence in you they go in so you can drink in when words come are spoken from presence you can drink in those words and after a while you are not even bothered anymore with the information level of the words that's why some people come to all my talks they don't hear anything new anymore nor is it necessary but there is a there is an awakening through the energy quality of the sound of the words of presence and that's the beauty of spiritual discourse and that's the power of spiritual discourse spiritual discourse does not come from a person does not come from accumulated knowledge and you know it when you hear it you can sense the power something within you responds it is a self recognition the words have an energetic quality to them that's why we've been here and you've been listening now if you were only here as a mind if the screen of mind as you were sitting here had been so dense that all that you could get from sitting here was the informational value of the words but the screen of minds might have prevented you from allowing these words to sink more deeply into yourself then it's not all that interesting after a while you sit here and say okay I've heard enough now I've taken a few notes I could have read this in books perhaps yeah it was interesting but what's the next thing where's the next interesting bit of information that's the mind let's go on to the next bit there's a little gap now gaps are good whatever arises in you as sense experience as you go out of here things that arise from within things allow it all so completely that you can sense the now itself in which it happens as yourself that's the secret the open secret thank you there are some beautiful lines that illustrate what we've been talking about and it goes something like this not that which the eye sees but that whereby the eye can see know that alone to be brahman the eternal and not what people here adore not that which the ear hears but that whereby the ear can hear know that alone to be brahman the eternal and not what people here adore not that which the mind thinks but that whereby the mind can think know that alone to be brahman the eternal and not what people here adore it goes on a bit I've forgotten the rest and it's a beautiful illustration not what people here adore not what God or your essential nature is not something not content not form the best description through words is to say not what it is not and then you're left with what it is which cannot be named but can be known but cannot be known conceptually because every concept is again a name and a form it can be known simply easily in the silent space of stillness which is in everyone

underneath the mental noise no matter how heavy and turbulent the mental emotional noise may be no matter how heavy the egoic sense of self is in everyone as the essential nature is the stillness of pure consciousness your essential nature the essence your essence not separate from the essence of the universe are these just words yes the words point to that they cannot encapsulate that they cannot explain not even attempt to explain if a question arises in you that says please explain a bit more I don't quite get it yet it is not possible to these are pointers the analysis of pointers is pointless but the mind wants to have content so it will ask questions about the pointers instead of allowing the pointers to point it wants to analyze the pointer the signpost let's look at this signpost let's examine it let's get out the microscope so what I'm saying the mind cannot get allow the statement to work in you as a pointer not as an explanation of the universe because there can be none but it can work those were like those beautiful words of the Upanishads or whatever words arise here pointing to the dimension of the formless one life that is you so what really it is pointing to all these words point to is that dimension of stillness within that is vibrant with life but still extremely awake but still underneath thoughts in between thoughts in between words is the canvas on which the whole phenomenal existence is painted it if you try to understand it you won't get it you have to relinquish even that the desire to understand it because that is an obstacle that is still the mind you're getting deeper where you give up trying to understand you give up even the pursuit of knowledge the desire to analyze to possess another piece of knowledge and then as Gangaji said yesterday and then put it away somewhere in a drawer okay now I've got the mystery of the universe what's the next thing and that stillness is not ignorance it only looks like that from the point of view of the mind it looks as if you were moving into a realm of ignorance and not knowing anything anymore and that's why the mind doesn't want to go there the egoic sense of self doesn't want to go there and yet this is the new state of consciousness that's emerging and it's not ignorance it's intelligence silent intelligence and our whole civilization one could say is trying to run away from that from the stillness because it's threatening threatening to the mentally created sense of self the image of me it is noise it's noisy it's telling stories it's identification with form there's a question here I have more than 50 questions it says if space is the body of God as I use that pointer in the book somewhere no more than a pointer if space is the body of God what's the devil is there such a thing or another question there is a question about the nature of evil is there such a thing there's identification with form is that if evil is anything it's simply the ignorance of not knowing who you are and identifying with a temporary form and therefore fighting other forms that you think are also separate forms around you and threaten your form or you want to dominate other forms or get something from other forms identification with form the psychological form of me the story in my head the image self and identification with me as this physical form that is not knowing who you are and that creates whatever then action arises out of that state of illusion creates suffering for yourself and others and we could call that evil yeah it's also ignorance Jesus on the cross didn't say you evil ones what did you do to me he said they know not what they do forgive them they know not

what they do so the if whether you see it as a factual or symbolic it doesn't matter the the truth of crucifixion would be the essence of evil is there it seems and yet Jesus doesn't call it evil says they know not what they do so ultimately what we perceive as evil arises out of the ignorance of who you are which is ultimately the ignorance of knowing not knowing God and that's one in the same I'll start with one or two questions that can be answered quickly they're not really in order just I may not be able to answer 50 questions there's enough here for another book or two if if your questions are not answered then buy the next book and it may be that and if if you derive some sense of self from whether your question is answered or not you can watch that Buddhists talk about true realization as emptiness while you use the term being are you not speaking of the same realization yes that was an easy one I sometimes more recently have been using also as you know the word spaciousness which gets close to emptiness ultimately emptiness is consciousness without thought beautiful this really is what stillness is the most the beautiful state of being what I call sometimes presence simply being present and we talked earlier about watching a flower in that state of simple presence and then the stillness arises you realize that flower is so still and very alive and the whole beauty of it has come into being through the stillness it's even surrounded by stillness if you approach it with your mind you can't know that so you bring a stillness into your perceptions you perceive through stillness especially nature you miss the sacredness when you do not perceive nature through stillness you miss both the sacredness that is in nature and your own sacredness when you bring the noisy mind into nature and when you bring all your knowledge into nature that has its place for certain things your knowledge is necessary but not for what really matters you to be able to put aside the accumulated knowledge and simply enter that state of a large presence that is still and yet awake and alert and so you bring you perceive the world through stillness not all the time perhaps but often the stillness will be there and there's a depth now to everything even to what you perceive because you perceive a deeper essence in every form which because the stillness is what the buddhists call the emptiness what i sometimes call the spaciousness it is being before it becomes beings and a blessing comes with whatever is perceived a blessing falls on everything that you perceive through stillness and we can do that right here to be here in a state of such simplicity that even the desire to understand is put aside the mystery cannot be understood it can be known beyond concepts as yourself but it cannot be understood or become an object of knowledge the only there's only one thing here to to learn not even to learn because learn would mean as if you had to acquire something the state of presence the state of thoughtless awareness the state of stillness in which you are connected with intelligence itself but you no longer need to rely on accumulated knowledge it can be used still of course but you are connected connected with something much deeper and more vibrant with yourself ultimately you are yourself instead of running to the future to find yourself you continuously dwell in that sense of being it is fulfilled and fulfilling every moment i'm giving you now a positive teaching as opposed to the negative what you are not it is fulfilled and fulfilling every moment the aliveness even goes into the body you feel the

aliveness in every cell of the body of the simple the joy of aliveness and of being and oftentimes there will be no need to think what is there to think about there's so much aliveness and beauty be connected with that stillness and look at the beauty around you or simply all the beauty that's within you the essence of beauty that is an form external form is in you as being as the essence of being so even if you were in a prison cell and you can't find any beauty or you've probably seen beauty even in the in the wall but essentially you would find the essence of all beauty within yourself in your very being as the joy of simply being stillness alert presence what kind of civilization would humans create if the majority of human beings lived in that state it would be a kind of heavenly realm same planet which potentially is heaven it's only with the humans that have put so much concrete and poison on it that it's almost becoming hell but it still is potentially heaven so all you learn here is either to get a glimpse of that state or to go deeper if in many of you it has already emerged and it's simply a question of a deepening that happens to dwell there more fully more deeply or to allow it to emerge more fully whatever perspective you choose on it what did jesus say take no thought for the moral for the moral shall take thought for the things of itself take no thought that's the old translation in the new translation it says don't be anxious about tomorrow in the old translation it says take no thought and i'm told that in old english to take thought meant to be anxious it's very wise because the majority of thought is anxious problem making worry what's the next to be free of thought the compulsion to think not the ability to think you can think beautifully and clearly when you're free of thought when you're free of thought that means you're no longer run by thought by the mind you're no longer dominated you're no longer your sense of self is no longer in thought and then thought can operate beautifully when it's needed but only when it's needed the rest of the time this simplicity of stillness and occasionally fragments of thought come in never problematic like clouds passing by just a little bit of noise just passing through a little bit more and yet there's this there's always the stillness we are here simply not to learn anything new to encounter that dimension in ourselves and many of you are encountering it now and some of you not yet and to those of you who are saying well it all sounds very nice but how do i get there use a portal which could be the feeling of your inner body which takes your attention away from thought remember when you are not thinking you are more intelligent more awake more life than when you are thinking the difference is such that the thought state the state of thought identification is like sleep or dreamland and then you awaken out of thought this is why traditionally many spiritual traditions the term awakening is the key word in buddhism the very root of buddha means the one who is awake christian in christ's jesus teaching many parables are about of being awake to be free of more recently the tip their spiritual teachings krishnamurti's teaching i can be summarized in two words which he never did he must have had his reasons i love krishnamurti a great love and for the teaching and the power of what the teaching it was it's very extremely important in the evolution of consciousness and really what's happening here is the same continuation no more no less oh yes summarizing uh he never said it but really just don't think all he said was

let's investigate the nature of thought can't ought to take us there let's look into it because he taught in the negative tradition like buddhism for those of you know so and that is more many of the teachings take you even the course in miracles which some of you know which is the one channeled work that i love there may be one or two others they it consists of words words words pages and pages of script and yet all designed to only get towards the end to take you into the region of stillness when words are no longer needed so it meets you where you are in the noise and and then takes you by the hand out of the noise and for some people it works but here there's not even a method there's no practice there's no exercises here there's simply the power of presence teaching directly and that presence emanating and that works for those who are ready for it and then you don't need the intermediary step of a practice or a teaching if you have one it's fine but but presence is emerging directly now thoughtless awareness ramana maharshi who many of you know who lived in the first half of the 20th century highly respected great indian teacher when asked by someone how can we judge whether we are doing making any progress on the spiritual path how can we know it he said the degree of absence of thoughts is your measure of progress on the spiritual path and this is an insult to the mind sitting here is an insult the mind says how dare you i've been cultivating thought all my life i have two degrees my whole identity is lodged in thought i'm so much more clever than most people and you're telling me to stop thinking to you're telling me to be stupid now you cannot make yourself stop thinking unfortunately or fortunately it doesn't work you can't make yourself stop thinking unless presence that arises in you is already of such power that thought simply stops and then it looks as if you were making yourself stop thinking this presence your mind stops but the quickest way to thoughtless awareness is and it always comes back to that is to surrender to the now because the whole compulsion to think is to do with not surrendering to now to life that's why the mental noise the mind is so active it really is always trying to get away from it now why to uphold the mind-based sense of self to accept this moment completely then very quickly a stillness and a peace emerge no matter what this moment contains whether you live in a palace or in a prison or in a mansion little hut makes no difference or whether your life situation as i call it the external circumstances of your life whether everything is just crumbled around you or whether you've just won the lottery makes no difference although it's more likely that you will get it when everything is just collapsed around you than when you've just won a million dollars because that can prolong the illusion a little bit more not a lot more i avoid the now by sleeping i'm the one that snoozes snores in the room right now can you help please speak loudly well i don't know if you're awake at this moment but you could give the person sitting behind you permission to be a zen master and hit you when you drop off that's what they do sometimes the zen master walks around with a stick and after you've been hit you go thank you whatever works yes staying awake many times this question has been asked in some one form or another if we just allow how will anything get done is that what about initiate thank you now this is a frequent misunderstanding of the state of allowing what is to be allowing the now to be instead of complaining about

what is having an inner resistance to what is trying to deny or get away from it not facing what is fully and and it is true that most action that takes place is because people need to get to some future point where they hope that they find salvation by being fully themselves when they get reach that point in the future so they're trying to get away from now that's the motivating force behind most activities in our civilization is to try and get to the future to some other point where it's going to be better i will be more fully alive myself will have found myself ultimately really it's finding god or myself and yet they are missing the now so out of dissatisfaction and discontent and denial of what is which is life itself inseparable from now they run towards the future to an imagined or projected now that is going to be fulfilled and better and that provides the action for building up a whole civilization and then that is karmic action because every action that arises out of that state of dissatisfaction and denial of life is one could say almost poisoned and that's why in our activities in creating all that wells on the material realm we have also created an enormous amount of poison it's strange isn't it if you look at it in a fresh way there are humans and they are continuously producing so much poison poisonous substances they're all everywhere on the planet these poisonous substances that's because every action they take is tainted with the dissatisfaction and the denial of life now so and then it looks as if when i accept fully the now am i able to take any action or am i going to be completely stuck in this moment the way it is if i don't resist it in some way or another and i give the example in the book of somebody who is stuck in the mud can't get out so can't get out of this mud now you could be in a state of great unhappiness and then you would be struggling and getting angry about being stuck in the mud and it becomes part of your story in the head it's just the last straw this is what i needed getting stuck after all this typical isn't it always happens to me i'm repeating what my mind used to do by the way it just always happens these things always all the bad things happen to me and so there's anger and in your anger you're struggling and you're getting even more deeply into the mud and then there's the state of okay this this is what is i'm here stuck in the mud no denying that it's the simplest the simplicity of this moment is here i am stuck in the mud all right that's how it is now i don't want to be stuck in the mud for the rest of my life so now i start moving oh yes completely different energy comes because you've said yes the power comes in and perhaps you will see a way out there's a branch hanging there and you pull yourself out of the mud which you hadn't seen before just a small example you will suddenly life will become supportive and cooperative because you haven't denied the now you will get out more easily more quickly without it becoming incorporated into an unhappy me story so you be action you take on the basis of acceptance of now is far more powerful than action that arises out of denial of now action that arises out of denial of now is poisoned and has many will have many karmic effects action that arises out of the state of acceptance has no poison to it no side effects and it's far more powerful so and this operates on all levels and you always look what is it that is required what what does this moment require okay i'll initiate that i'll apply for a job so i'm sitting here i'm running out of money ten dollars left in my pocket okay and you go into stillness that's how it is there's ten dollars and here i

am breathing feeling my inner body what is what action can i take and then action comes let's look let's look at the paper let's do this pick up the phone make a call it comes not out of fear or a need to simply it arises out of a peaceful state peaceful action is much more powerful than angry action or self-seeking action so it you will not become a passive vegetables by accepting the passive vegetable by accepting the now vegetables are beautiful but it's not for humans to revert back to the vegetable realm of course vegetables exist in no thought the whole vegetative realm as well as animal realm or beautiful expressions of consciousness but without thought without the mental noise that humans are trapped in so it's beautiful for them they exist prior to thought one could say we cannot return to that we cannot revert back to pre-thought but we sometimes try to if we can't stand the torture of our minds anymore we try to go back to pre-thought by having five whiskeys and that often works it takes you gradually below thought so there there is a kind of liberation there too but it's not where humans are moving to the state of presence is the arise your your eyes above thought in which thought can still operate beautifully when it's needed but you no longer have your home in thought this is an important question here many of you may have that or similar question what suggestions if any do you have for individuals who are working in a profession occupation where left brain rational thinking is constantly required well I was in such a profession and I must admit that I left perhaps it wasn't absolutely necessary I didn't have a teacher so I just thought I I was working on a PhD as heavy mind stuff and it became completely pointless so it abandoned me or I abandoned it and then I went to I spent two years on a park bench now this is not the way you need to go don't be frightened I've heard of several people who has read the introduction to my book where I mentioned the park bench and said oh no I don't want to read anymore so many people have to work with computers these days which also stimulates thought and left brain activity and it pulls your attention out of the body onto the screen it a lot of energy goes out of your eyes energy loss if you stare at the screen for several hours a day the question is whether your present occupation profession activity is compatible compatible with the state of presence that arises and many activities are compatible still with the state of presence even the use of computers is compatible with the state of presence if you simply remember to take enough space or spaciousness during the day you have moments when you withdraw attention from the screen or from whatever activity or you might be on the telephone a lot talking about the stock market or whatever is it going up or down and points and so on and it's the energy field that surrounds you may be agitated which is very normal these days there's the nervous energy field in which you may have to live every day let's get to the next thing where's the next thing it's whole and even in places that should be places of healing you they are dominated by this mad nervous energy like hospitals and schools hospitals everybody running around and there's the tension the anxiety even in jobs that used to be the most comfortable jobs you could get like school teacher nowadays the most stressful jobs you can find so there's the level of agitation nervous tension and stress has been increasing the question is can i bring presence into that can presence emerge even here in many cases

it can especially and this is why and i will be going into that there are several questions about being in the body use that during the day this means attention is taken away from thought and when you feel the inner body you feel that there is a spaciousness in the body and for a moment mind activity subsides you connect with the inner spaciousness and aliveness that's in every cell of the body and you do that for a minute or two and then you go back to your normal activity and then you withdraw again after a little while maybe once an hour it doesn't matter whatever possible when you're going up and down the elevator bring in gaps so that you're not dragged along by a mind stream an agitated mind stream whole day long dragged from one thing to the next one thing this needs doing and now this and now that and you're always catching up and never quite managing to catch up this is how most people's working life is so you don't get dragged along by a mind stream which is externalized the collective mind stream of your your company or your institution your workplace so if you can bring presence into that by periodically withdrawing for brief moments into the body and then gradually learning that you can be engaged in certain even left brain activities and still have some attention in the body for example when you listen to someone on the telephone attention in the body could be you may not be able to to feel the entire energy field of the body in an agitated work environment just it sounds too simple to be true but just take your attention into one part of the body and hold some attention in there while you listen on the phone for example and the hand is for many people the quickest access point to the body there are two good access points that operate for most people one is entering with your attention enter the hand left or right and for those of you who don't even know what i'm talking about because your attention has been in the head for so many years if you hold your hand and you can tell this to anybody who is asking you and even people who have no interest in any spiritual book many people will be ready to listen when you talk to them about connecting with the inner energy field of the body you don't even have to tell them that it takes your attention away from thinking they might become frightened just say it's good for you it's good for the body it feels good which is all true it's very healing which is all true to inhabit the body you begin to inhabit the body by simply feeling the energy field in one of your hands and you can hold it up if you can't feel anything yet the quickest way to feeling the inner body is holding up either your left or right hand not moving it closing your eyes and then asking yourself a question and the question is without opening my eyes without moving my hand how can i know whether my right hand is still there now the mind may try to find it might say come up with some conceptual answer and say well i don't know but you have to take go more deeply how can i know that question draws your attention into the right hand because to find out how you can know your attention will go from thought thinking about your right hand to sensing your right hand from within and after a while with your eyes closed you say oh yes i can feel something there isn't certain aliveness there that must be my right hand it feels quite good it's actually alive and you can then learn to hold your attention there for a while hold it in your right hand that means you've entered the body and then say okay let's see if the left hand i can also feel that yes left hand is there

no doubt i can feel that also and then you bring together the feeling of left and right hand into a single feeling of hand you no longer have an image in your mind of left and right because your attention is completely on that feeling of aliveness and you bring together left and right into a single feeling of hand first you feel them simultaneously eyes open or closed doesn't matter and then you bring it together to bring it together it's easier with your eyes open simply there's a sense of hand and then even that label drops and there's simply an aliveness there and so if you can be in your hands you can be in other parts gradually from there put your attention into arms not quite as strong the feeling but it's there and your feet the aliveness there your legs there's an aliveness there so gradually you bring together different parts into a single sense of aliveness you inhabit the body that means your mind is slowing down considerably because attention is being taken away from thought and there's a spaciousness in the body and that simple thing can be your anchor for presence when you are in an environment that is nervous and agitated and mind dominated as much as possible go into the body you might be walking into a committee meeting with lots of egos around and whatever people demanding this or that and you sit there you listen to their demands and you are you feel an aliveness either in the entire energy field of the body that comes after a while or just one part is enough feel your right hand that can keep you sane simply feeling your right hand can keep you sane in a mad environment you're bringing in presence and so instead of leaving let this world be transformed by people as if possible bring presence into where you are and so the world instead of people leaving although if you have to leave you will leave if you find it impossible to bring presence into that environment you will have to leave there in most places now i would be able to just be present no matter what but there are a few places i know i wouldn't stay i don't want to give any examples if i worked in an i'll give one if i worked in an in a discotheque for six hours every night being bombarded by heavy noise i would leave that wouldn't be the job if i if somebody chained me there to that place i would surrender and there would be deep peace but if i'm not chained to that place i would leave so if as presence arises it's not so much anymore of trying to figure out what you need to do as presence arises what you need to do will become obvious as a sudden insight with which you may wake up one morning and you know what it is that you need to do and if you do it there's no longer any doubt it is so clear those insights arise out of presence so whether you have to leave or change whatever it may be you will know what you have to do beyond mental agonizing mental decision making and doubt should i shouldn't i on the other hand if i but what if then how am i going to make a living many of you will be taken out of your habitual surroundings presence will take you out and others will stay where you are and transform your environment because you are then there as a field of presence in your family or in your relationship some of you will you will walk out of the relationship if the partner is not ready for presence you will walk out or he or she will leave you but you cannot predict whether or not your partner is ready for presence the most unlikely people seemingly unlikely are ready for presence so who knows the beautiful thing is that presence will begin to operate in your life and it will transform what is around you

either take you away or transform where you are you transform and this could be your family environment too because just as many workplaces are agitated and nervous energy fields many family many homes are equally agitated and nervous energy fields if you walk into some homes they're like madhouses with screaming and shouting and never a sense of allowing this moment to be every member of the family is out of their bodies completely trapped in thought and trying to get away from the now imagine a family living in that way and you do teach children what presence is not by words by being present by giving them space by surrounding them with space when they come in shouting this and that you know what happened in school you're you this you welcome that moment in which this child appears and you embrace this moment and the child disappears in this now and there's you as i call it sometimes you give him or her space to be you allow this person to be and you listen in that sense of spaciousness just listening oh okay all right okay not wanting to change anybody and here pain bodies are important as several questions here about the pain body pain body as you know is accumulated emotional pain from the past it is an aspect of the self pain body is an aspect an important aspect of the egoic sense of self pain body is not always active pain body has dormant periods and active periods when it is dormant the sense of self you can live with it's still it's still a troublemaker yes it's still problematic yes it's you are still a nuisance to yourself and others yes but well you can live with it but then periodically that sense of self becomes energized by the accumulated pain from the past that every human comes into this world with that is inherited genetically passed on because of human madness there's a vast amount of human pain in the collective energy field and this accumulation of pain part of which is collective a part of which is personal through your present incarnation accumulated in childhood through parents and emotional pain and the pain body is a field of contraction aliveness energy contracted trapped tight and it has a life of its own almost although it depends for its existence on you it is a temporary life form that lives in you and like all most life forms sometimes it's asleep and sometimes it's awake so when it's asleep okay you haven't you have a self still have problems but it's okay you can deal with things then periodically the pain body becomes active it moves into the mind structure that we call the self and it energizes all those mind structures of the ego the egoic self and then you become a deeply unhappy self and you are trying to make others unhappy a deeply unhappy self will try to make others unhappy because it will also feed on others unhappiness and emotional reactions so that is its job is when it flows into the egoic self the pain body moves in it it is looking for food and it will get food through your mind by feeding on your negative thinking about me and my life my dreadful life or all the dreadful people around me that shouldn't be here what am i doing here my dreadful life situation and my dreadful story and it's awful it's the pain body may either be anger predominantly or it may be deep sadness or it may be a great sense of heaviness or it may be an agitation of fear and then the fear moves into the mind oh what's going to happen to me if that what's he going to do if he leaves happens i lose my job or that then all night you worry energized mind structures mad mind structures made even more mad by being energized by the pain body and the pain

body loves it it's it gobbles up every negative thought and you can go on for hours it's feeding on the energy of your mind until it's had enough and then so that that means you've gone through a pain the pain body attack or feeding time whatever you want to call it is over and you feel relatively okay again in the meantime you've made many people unhappy around you because the pain body is not just feeding on your thoughts it's feeding on other people's reactions if anybody is around you it'll try to get something from them a painful something to to give me more pain please so it's i want you to be unhappy because when you're unhappy you will feed me your emotion emotional reaction i will absorb that and it will feed me so i will push your buttons that is part of the madness of the self the artificial mind created sense of self it because it periodically becomes energized by collective human pain and you think you're having a personal problem there's nothing personal about it it is human pain not and and it's it wants to be there the pain body is having a great time it's become you it has taken possession temporarily you're acting it out and children have it because humans are born with the pain body some heavier than others so children you can see the transformation in a child very quick from angelic to monster but it doesn't last as long as with most adults usually children's pain body attacks are much over much more quickly and it's gone again and it's amazing when you watch the transformation from a human being into a pain body and back to a human being so when you have children family tell them about the pain body use a different word but so that a witnessing presence grows in them from where they can watch what's happening to them make it into a game begin by explaining it after the pain body attack not in the middle don't say this is your pain body you must watch or get rid of it you shouldn't have a pain body no you allow and then when the child has come back to full consciousness say what was that let's say what was it that came over you what did it feel like and did you remember yesterday it also came in the morning didn't it yeah isn't that funny what does it feel like maybe even temporarily giving it give it a name so that it helps a little bit in witnessing it and next time it happens in the middle of it you call out there it is again the child won't want to listen because the pain body is in charge but something will be there a little bit of witnessing will be there and then the child will quickly discover that you also have a pain body and so you work together and i know of families they've told me that often their children tell them oh what's that it's your pain body mom or whatever you want to call it and that's wonderful witnessing comes in so the pain body cannot use you anymore it cannot continue to feed on the cycle of unconsciousness of becoming you and then feeding on your mind and on other people's emotions and reactions so simply making it conscious is part of making the structure of the self the false self conscious so that when you make it conscious it no longer dominates you you watch it for a little while you watch it in action it's still there but there's a witnessing presence and that is the presence that grows and it grows even as you sit here from now on not a single person in this room will not have grown in presence through being here and the ability to witness what otherwise is the most difficult thing to witness in yourself which is that enormous amount of human pain your ability to witness it will have grown even that applies even to those of you who

have very heavy pain bodies you are the most promising candidates for liberation those who have heavy pain bodies because their longing to be free is greater can't stand this anymore i had a dreadful pain body and so i couldn't stand it anymore gone evaporated all at once which is relatively rare so it's a gradual gradually it loses energy its energy charge it's fine it doesn't turn into suffering anymore it's simply emotional pain suffering requires a self a mind-made self suffering requires a me and a storyline without a me and a storyline you no longer suffer because there's nobody there to suffer because only if you have a story in your head of who you are and what your life is that that is suffering what is left is simply pain and even that is a word that we might not even need anymore there's simply a certain energy field there that is feels a bit agitated or tight or heavy and you allow it to be just as you allow whatever arises in this moment to be allowing to be implies of course you're there as the witness you watch it you allow it yes there's there's the anger there's a fear fear is a very common thing in most every pain body has even if it's not predominantly fear an essential ingredient of every pain body is fear there's fear somewhere even if it seems to be anger mostly underneath it you will find fear and of course there's a desire not to want to feel it it's the most normal thing in the world is not to want to feel fear the most normal thing in the world is to not to want to face it let's think about something else so that i just don't want to feel what i feel but you can't because the feeling will catch up with your mind and then it'll go into your thoughts and you will think fearful thoughts and by thinking fearful thoughts about what's going to happen to you you're feeding the pain body so you can see that how you can allow the pain body to be there and face it not harshly but allowing is a gentle thing not face it by opposing it or say okay let's see who is stronger you or me no you simply just as you would allow an event that takes place externally to be you allow the pain body to be it is it is there's a fear and then you don't even need to call it fear anymore there's simply that movement and you lie there it's four o'clock in the morning you've been it's used your mind for a while and then you woke up out of identification with it and all that's left now is that vibration that before you called fear but now is simply a vibration it's not that bad when it's no longer an unhappy me it's only a vibration now and you allow you can certain words may be helpful in your mind just as little pointers and the words that may be helpful may simply be it is or i allow it to be it's what is in the field of now let it be there it's there so let it be there and that what then develops is even around the pain the spaciousness through the allowing and that at first it's only a hint of spaciousness around the pain and then it grows you allow more you continue to allow and there's still the vibration but the sense of spaciousness around it gets larger and that may begin with simply being able to feel the space in your body where there is no pain body the pain body may be the vibration of it may be here but in your arms or legs there's simply there's still a spaciousness and aliveness and you feel that that becomes part of the space around the pain body and you so you sense the field of spaciousness in which the vibration happens and gradually the shift happens from you realize the spaciousness is so much vaster than the pain that's happening in it before there was only the pain and i was the pain it was dreadful dreadful dreadful and now the pain is no

longer i it's no longer a self it's no longer an unhappy little entity it's simply a vibration and around the vibration because you allowed it to be there is a space and then the space the sense of space grows the allowing becomes deeper and then you can you the little smile comes it's only a vibration it's not that bad at all it's okay it's just life vibrating something was trapped in here and through accepting and realizing the space that is around it that energy then becomes freed that was trapped in the pain body and becomes aliveness ultimately consciousness it contributes to your sense of presence like putting something into a fire and then the fire consumes it it grows stronger so the pain body becomes fuel for your presence and then there's a vast sense of spaciousness and remnants perhaps little remnants of pain still appearing here and there that's called freedom that's called liberation it's a simple process so it is it is a process of depersonalizing pain of realizing that there is not a person in it it is a fiction to believe that my identity is that's that suffering me it's human pain the whole transformation of consciousness that we are involved in is a sense of depersonalizing your sense of identity so that your sense of identity is not trapped in an image of me the little person that the personalized sense of self this narrow personalized me with my past and my future both of them very problematic and when that goes you are no longer a problematic entity and the little self says who would i be without my problems oh i don't know if i want to let go of all of that so many years invested step out into the unknown so familiar with a miserable little me but you are stepping out and it is dissolving that's the beauty of transformation and the simplicity of it and the pain body is your greatest asset in your in the arising of presence because it is the pain the energy that is trapped in the pain body will fuel presence presence will transform it into itself so if you have a heavy pain body you're lucky if you have a light pain body they still hope for you too you humanically has come to the end of suffering that is with the end of the old consciousness humanity has come to the end of suffering and you see the suffering has been unbelievable the madness of it self-inflicted most of it self-inflicted suffering is it we are coming to the end of suffering we have suffered enough as a species you have suffered enough no further suffering is needed to become free you've had enough enough to be here are we feeding the insanity of mind and the planet by watching violence on the news tv or movies yes and who is watching the violence the pain body who is financing all these violent films pain bodies who makes these violent films pain bodies make them pain bodies watch them pain bodies love them pain bodies pay to watch them so i forgot to mention that another way in this culture in this civilization in in ancient times we didn't have the tv and movies so all the pain body had to feed on was your mind and other people's emotional reactions but now we have a whole industry designed to feed pain bodies why else would anybody watch violence on a screen and pay for it and sit there and love feeling bad oh dreadful dreadful but they pay to get in because it feeds the pain body there is a whole industry designed to feed the human pain body amazing and no talk about let's abolish violence politicians say let's abolish the violence on tv they won't because there's a great demand for it who is demanding pain bodies they love it and as long as they are there they'll produce those things it's

amazing it's one doesn't see the madness of our civilization because we are so used to it but when you see it it's actually it's almost funny when you see it's a tragic comedy but it turns into a comedy begins when you watch it when you watch your own tragedy and realize it as a story when you watch your own drama and realizing as a mind-created fiction designed to give you a sense of identity in the absence of any true sense of identity okay i'll hang on to the miserable one it's when you see it the drama your own drama as illusion then you either laugh or smile and then you begin to laugh and smile a lot more when you see it around you there was a time when i would see people privately a lot and people would come in and many people then i don't see people rarely see people privately and when i do not many people tell me their stories anymore but there was a time when they did and often as i sat there simply in a sense of allowing this unhappy me to be there and a great sense of presence and peace and aliveness and while they told me their drama i couldn't help but i had always a smile on my face no thought just a smile and then sometimes they got angry and said you're laughing at me at my i'm telling you all this it's serious stuff and you're laughing at me and then i had to explain no no uh i can see that this is an illusion what you mean it's it's an illusion yes and it feels so good to just be here the presence is so wonderful that's why i smile it's nothing to do with your particular story and some left at that point at that the teaching hadn't developed quite yet that fully so i wasn't able to explain as well as i explain now so and some just left another interesting event is sometimes when pain bodies arise while people sit in a group situation and the pain body is being addressed and something inside quivers let's get out of here somebody's looking at me pain bodies don't like to be looked at i'm using looked at as almost a metaphor which means to put the light of attention on it they because they thrive in non-attention inattention if that's the word they thrive in in and through unconsciousness when you become conscious and look at the pain body directly it shrinks it withdraws it tries to get away it might become extremely dormant pretend that i'm not here anymore but it's waiting just like a fox would be very clever it was waiting for better moment and so sometimes sitting here is not the best moment but some heavy pain bodies have reacted in a group because they couldn't stand it anymore they were being addressed directly and suddenly they became agitated and one person gets up and stomps out of the room and or even shouts i happened once shout something this is all a lot of rubbish somebody in england once shouted it's all a lot of rubbish and there was a there was a pain body speaking it was such a perfect illustration it was just such as just a small group i had then 15 people or so but it was such a perfect illustration of what i had just been speaking about that other people thought i had engaged an actor to illustrate it so the question to yes you are feeding the pain body when you watch violence but i probably your desire to watch violence will be greatly diminished if it's still there simply by being conscious of that process you may still occasionally feel that in you which wants to watch it it may be still be but then you can oh there it is and news of course news is also mentioned in the question there are a few people in a few offices around big cities and they choose what they give you feed you as news they choose say this matters this is important we are

going to feed them this and that and that and they what they choose is an expression of their state of consciousness and often the pain body is an important part of their state of consciousness so what you watch is not the actually the wild news is what a few people who embody a particular state of consciousness and usually it's not the new one choose as significant and you can imagine what they choose and you know what they choose there's a lot happening that they wouldn't choose and yet even there occasionally even into television where there's relatively little consciousness which usually pulls you into unconsciousness but even there there are a few sometimes consciousness moves into that channel also it happens through a few programs that bring in more awareness even a few films and i got a letter recently written by a tv station and the interviewer a person who interviews said i would like to ask you if you want to be interviewed for tv canadian national television ctv but i very much doubt that you will agree to my request because of what you said and then he quoted something that i had said in the letter which is if you want to find out about the insanity of the human condition i recommend that you read a history book or you watch tv tonight so he said i know it's unlikely that you will give me an interview but i just want to ask anyway i am very happy if consciousness i don't reject tv as a medium if consciousness moves through it it's beautiful and perhaps this will happen increasingly there are some programs that are expressions of all price doing very great work has already transformed many people's lives and a few others so that there is something there that is moving towards an awakening so i may say yes to the interview and the amazing thing is they want to put it out as part of their news program this is a miracle i've been saying for years in groups i've been saying for years our meeting here is not going to be on tv tonight i said because it's not significant enough for the people who choose what is significant in fact it's extremely significant it's one of the most significant events on the planet is this gathering it goes beyond the personal because it's about the transformation of human consciousness and oftentimes i've said in groups like this you see but they're not going to put it on tv tonight and perhaps soon they will that would be another miracle so what is your identity mr toly are you not a man a spiritual teacher a knowledgeable person a successful author in other words do you not have goals and desires how else would you have achieved your present status quote unquote or position quote unquote as a teacher i'm just looking at the one two three four definitions yes a man that's part of my form form identity happens to be that it's been like that since birth but a spiritual teacher a knowledgeable person or successful author that's fairly recent i wasn't even a few years ago well at some point somebody called me a spiritual teacher and that was probably the beginning but for many years when i left my normal existence behind i was really nobody i didn't have a job occasionally if somebody people would come to talk to me or ask questions or little groups here and there small groups people would come but i had no identity on an external level not even spiritual teacher certainly not a successful author and a knowledgeable person i was at once but most of the knowledge i had acquired at university has disappeared i wouldn't be able to pass a single exam now and even the spiritual books that i've read there's not that much that has been retained a few things

not a lot a successful author yes my mother is very happy now because for many years her the what made her existence so hard was to know that her son had failed in the world her son hadn't made it and that's many mothers would have felt it in her position the because on a worldly level i hadn't made it nobody really no not an important position no position at all so she said what you've had so much intelligence and you've thrown it all away and now it's too late and then suddenly the book came and it became successful and now i am a successful author and my mother is very happy now because the world is telling me and her that i'm somebody there's no difference at all before the world was saying it wasn't even saying i'm nobody it wasn't saying anything that's even worse the whole basis of the teaching is not to be not to be to to honor your form identity yes you're a man or you're a woman and you have a certain job of course you honor your form identity but to realize that who you are is not that your essential nature is not being somebody your essential nature is being nobody or nothing a no thingness your essential nature is not content is not object there is a no thingness to your essential nature that is the whole teaching and to see the beauty and the peace and the aliveness of that no thingness that is the essence of your being that's the teaching i'm not denying that you also exist as a form a temporary form which will go but while it's there you can honor of course also that temporary form and you will but not derive your sense of identity from that you simply know it as the form that you are clocks are strange things it seems to me that no time has passed and yet it's exactly the same now but the hands have moved strange and i have another 43 questions i do keep all the questions and i may use some of them i may also use some of the answers that i gave here but i do value all your questions and i thank you if they were not answered here most of them were not now what i'm saying now don't take it as a personal insult no question is that important no answer is that important it's fine to have these questions but really why we are here is to go beyond the need to figure it all out beyond the need to know and contact that deep sense of knowing that is there when the need to know is no longer there in that presence whatever you truly need to know at this moment you will know essential knowledge vital knowledge not the distance between here and the moon or something like that no vital essential knowledge if there's anything that you truly need to know out of all you need to be is become still enter that allowed stillness drop the question you've asked the question then you drop the question enter the allowed stillness if you truly need to know the answer it'll come sooner or later you will know not perhaps immediately suddenly it'll be there whatever it is you take it into the stillness many things will dissolve in the stillness or many questions dissolve in the stillness but if an answer is needed it will be there but the transformation of consciousness that you are going through that is happening through that form is not based on answers no answer to a question could help you and you don't need that because the transformation of consciousness is happening already you don't need to understand more about it on the mind level than you do now i don't understand more about it than what i have said on the level of concepts there's a deep knowing but there's not mental understanding that is more than what i have said i read something from a physicist recently who

described human beings as patches of consciousness floating in space little patches of consciousness that's what you are there's only one consciousness expressing itself as this particular patch of consciousness so you're leaving here very soon and you're leaving no longer with the that heavy personalized sense of self but greatly diminished in your sense of self if it worked for you so this has not been a personal growth seminar but a personal diminishment thank you welcome to our afternoon together many of you have only just arrived here and perhaps some of you are not yet completely here there may be parts of you that are still arriving so let's wait for them to get here the truth of course is it's very rare for a human being to be completely here the usual state is to be peripherally here just enough so that you don't bump into things and the rest of your attention is taken up by what appears to be much more important than here and that's past and future and somewhere else and almost everybody believes unconsciously because when you make it conscious you see the fallacy of it everybody believes almost everybody believes past and future to be more important than here and now that's an implicit assumption that's how people lead their lives if you ask them maybe they won't admit they say well no but how do you live do you live as if past and future matter more than this as if you didn't know that this now is all there ever is that your entire life unfolds within the space of now that your life is never not now now you may start thinking and say is that true it would be hard to argue with that very hard that your life is never not now you can remember the past only now you can think of the future only now whatever you think do feel experience can only happen now i don't believe the greatest philosopher could argue with that but the mind is very clever it may find reasons why this is not the case but in any way humans live not recognizing the truth of that the shift in consciousness that is happening on the planet is very closely connected with that realization because the shift in consciousness that is an absolute necessity on this planet now is not something that is going to happen it's happening now in you at this very moment or not at all and that doesn't make sense to the mind either the shift in consciousness is not to do with improving your ability to think or adding more information to the store of information that each one of you already has your knowledge if you wanted to improve yourself on that level there are many universities you can go to to add to yourself in terms of knowledge but that adding to is not the shift in consciousness it is a continuation of the same consciousness that is the state of being completely identified with your thought processes with the content of your mind the content of your mind which is thought one thought after another identification with the content of your mind leads to a sense of self a sense of identity a me that is based on thought activity based on a mentally constructed story and the emotions that accompany that mentally constructed story which is the most fascinating story on the planet which is the story of me and all the identifications that go with that the reactive patterns that go with that all the knowledge the opinions the viewpoints the achievements and the non-achievements the successes and failures which make up the story of me your sense of who you are that begins with your name to which many other things are then added identifications which are all thought forms the child begins to say

this is my toy which means there is a beginning identity and humans have to go through that and the tragedy is if they get stuck in that limited content-based thought-based sense of self or identity for a child it is good to say this is my toy not yours it's mine and in that statement which is the arising of a thought form that is invested with a sense of self there's the beginning of a mind made me it's the beginning of a story because you're telling the story that this is mine the thought form is what matters not the toy because the thought form is invested with a sense of self 20 years later the toy becomes the bmw mine same thing same thought form it's not the car that matters it's the thought form that has a sense of self in it that matters and that's only one level possessions you may graduate beyond that most of you in this room have gone beyond that level otherwise you wouldn't be here of identifying with material possessions occasionally it may still happen but surely you have gone beyond that except perhaps that and then you identify with the thought that you are somebody who has gone beyond material possessions which is another little story it looks more advanced so the identification with thought forms the identification with thought as me becomes more and more subtle as you progress spiritually you recognize certain very simple identifications and then more subtle identifications come in there's the identification with other people's opinions of you which you adopt becomes a thought form what the world thinks of me am i important or not important that may shift one day the world may tell you you're important and the next day it changes its mind so many things come into come form a bundle of thoughts and identifications and patterns that is your sense of who that's who i that's me me the mind made sense of self and this is i sometimes call it the old consciousness that's been the dominant state of consciousness on the planet for as long as we can remember recorded history and beyond that far beyond that to be identified with that very limited self and one of the first human beings to discover that cage that trap that dreadful limitation and to see how much pain and suffering this delusion causes that all you are is a mental story that identification with thought to see how much suffering that sense of self causes to yourself and if you cause suffering to yourself you make others suffer one of the first human beings to see that was the person we now call the buddha 2600 years ago he saw the delusion of what he called self that we could say is the self that we spell with a small s but if we now say there is a self with a big capital s that's we have to be very careful with statements like that because very easily another concept forms in the mind with which one can identify you then become you become somebody who believes in a greater self that can add something substantial to your sense of self and most usefully you can disagree with others who don't share that opinion or that viewpoint which strengthens the self enormously if you can disagree with somebody somebody who does not agree with your mental position challenges it questions it and then you defend it and an enormous amount of energy goes into the defense of mental positions personally and collectively warfare collectively they are defending collective mental positions not a me but an us against them we against them on the personal level it's me against all those who threaten me an amazing state this is coming to an end now but you don't need to believe that we are here this afternoon

because something else is arising or is being realized we need to be very careful with words i often i like to stop almost every other sentence and say that's not quite it it just points to it so be careful with getting attached to a statement no statement statement is very rarely absolutely true they're all little pointers and this afternoon there's only one thing we ever talk about what's that the flowering of human consciousness another pointer what's that the mind will say explain give a definition and then a definition comes then the mind says okay now define that or it adopts another mental position say this does not agree with the mental positions that i have formed in my head these are not my positions now you may have noticed already that this afternoon does not work so well on the level of thought it's not really a lecture it looks like it on the surface but it isn't it's not a workshop either i don't know what it is if tonight you call somebody up and they ask you what did he talk about and if you can say well he talked about this and that and that and that then you probably didn't get it but if you say well i i don't know i can't i don't really remember what he talked about it's more likely that then you got it and this is strange this gathering here this afternoon is pointing to a dimension within you that is deeper than thought and deeper even than the flux of emotions a dimension of consciousness within you the possibility of realizing that dimension within yourself that realization that realization is the flowering of consciousness and it is not it has nothing to do with adding new concepts to the content of your mind this afternoon does not work if you expect something to be added to you but of course there is the unconscious belief that something needs to be added to me so that i can be complete and full and fulfilled and being completely myself there is the unspoken unconscious or semi-conscious belief that who or what i am is not yet enough and that is a walking entity that believes that that is one of the core beliefs of the mind-made sense of self i am not yet enough i need more to be fully and completely myself and that walking entity that needs more to be fully and completely itself will become frustrated this afternoon sitting here because it is not being fed more concepts or opinions information knowledge interesting and fascinating ideas that it can add and then walk out a little bit expand it because you have added to the store of knowledge with which you can then identify the me the story of me has expanded then a little bit so it doesn't work like that so if you cannot get beyond that entity with its very strong need for more then you may not make it you may not be able to endure sitting here the whole afternoon because you will continuously be waiting for a statement that explains it all where suddenly it goes click now i know what enlightenment is when is he going to say it come on and you may notice in yourself this enormously powerful need which is part of the conditioned mind-made entity this enormous need there's nothing personal in that at all oh that's a disappointment i thought it was my problem this enormous need for the next moment where surely it's going to happen and then what and you can see it in people's faces when they go about their daily business the tension the strain because they need the next moment and they're saying isn't it here yet and this is an people live like that it's normal if you watch tv a lot of what you see how people whatever you see films soap operas or whatever or the news readers they're all in that state of where is the next moment where surely

things are going to be resolved so you may encounter frustration and when you find it that's fine don't say don't be frustrated when you encounter frustration as you sit here that's fine you notice it you see it for what it is that means you are not the frustration that's a pattern that you then discover in yourself and whatever you discover as a pattern is fine because there it is you see it if you don't see it you are it and then you become fidgety and then finally you will jump up and run out of the room i don't want to discourage anybody from visiting the bathroom but i mustn't get up otherwise people will think that i am identified with the now i we are pointing here to a deeper dimension of consciousness within yourself where the need that deep seated need for the next moment which is very closely related really one with the enormous needs that people have for needing to add more to me to make me complete which is ultimately a delusion because you never get there we are here to go beyond that and as i speak that dimension may arise in you where the need for the next moment suddenly falls away and you don't go to sleep if you go to sleep that's fine too but it is an enormous thing when you suddenly you're able to simply be in that beautiful state of relaxed alert presence and perceive whatever you it is that you're perceiving without the need for more something now arises in you that is not conditioned we could say but be careful with any word they're only all words are pointers no more we could say what is arising is the unconditioned dimension of consciousness sometimes called awareness so the shift in consciousness that is happening on the planet in you otherwise it's not happening is something that you may not even have been aware of that shift because there was still so much identification with thinking and from the point of view of thinking nothing much is happening here and this shift is the shift and it is an enormous incredible transformation in a human being when that happens it is the shift from being based in thought to being based in awareness it is the shift from being dominated in the grip of thinking the continuous stream of thinking and self-identification with thinking to what i sometimes call consciousness without thought now thought will jump in now and make that into a problem and into something to be achieved how through more future okay that sounds great how do i get there that dimension of consciousness is already fully developed in you underneath the stream of thinking that's why you can't get there if something is already fully here you can't get there that could only take you away from it so what a little hint before i continue that some of you may find very useful as you sit here there are two dimensions one could say to this talk the words and the spaces between the words usually an audience when an audience comes to listen to a lecture or talk all they are interested in is the words the concepts the thoughts which they can add to their mind the content of their mind the content of me it is rare very rare for an audience a listener to be conscious not only of the words which in you exist as thoughts they go into your ears become little nerve impulses are then decoded and become a thought that's on one level on another level the entire talk is happening within you to be conscious not only of the words but of the ground that underlies the arising the coming and going of words now in you these what is auditory perception becomes thought if you become conscious of which all that that means is notice this makes it more simple if you

notice not only the words but the space or stillness between the words which is there usually ignored then sitting here can be a very powerful transformation within you why the mind wants to understand why so will satisfy up to a point the mind only up to a point because if you become aware of the silent spaces the ground like the canvas the space or the silence the stillness the gaps is where the canvas so to speak shines through there's the words and there's the the background the words are the foreground awareness of the background does something amazing inside you awareness of the foreground all that it does all that does is create new thoughts because that's the foreground the words becoming thoughts and there's the mind grasping at each new one and if you're sitting here only interested in the foreground you're here with a tension in your head a little bit and the tension implies what's the next thing then okay go on oh and now consciousness of the background what happens inside you through the simple act of noticing the space or the stillness or the gaps there's nothing much there thought says there's nothing there what am i noticing nothing from the point of view of the mind this is true but every moment that you notice that little space the underlying space that is a moment of space inside you and that is an amazing thing when space arises inside you what is that what does that mean the mind says space arises it is a moment of pure consciousness with nothing in it except awareness a space of pure awareness i've already said too much just unconditioned i've recently come to call that space consciousness this is not a term from science fiction we're talking about inner space the one thing that in your lifetime here you get any achievement no matter what you achieve you are poor and deprived and ultimately have not flowered if you have not found space within yourself and then all that there was in your life all that there is in your life is things every thought is a thing then you are trapped in a world of things both external things and you know what that is like so much going on objects situations you have to deal with and the next thing and another thing that absorbs your attention a life dominated by things happening what's the next thing and then the inner things one thought after another and identified with each arising thought becomes a part of the problematic me completely dominated by we could call that object consciousness objects everywhere and when people interact with each other superficial interactions relationships close relationships families at work every interaction is dominated by object consciousness something is very important here and it's not the relationship it's something that we need to get out of it something we need to get to some other point it's not this moment it's the next moment that is always goes part of object consciousness what's the next object that matters no space no space also by the way means no love because you are trapped in forms form identities every form reduces you every form that you identify with reduces you to that form every thought and the bundle of thoughts the me that's the human condition to be trapped in object consciousness not knowing the freedom that is there waiting underneath it as the vast spaciousness that is within you that is the unconditioned consciousness itself where you go beyond a purely personal sense of self and the amazing thing is that is so close to you that you could never get there if you create a distance by believing that something will enable you to

get there that is a danger that is built into every technique some techniques are very good they are there to bring about space consciousness but the person practicing the technique will have put the technique between him or herself and the space and to create it a little bit of future so as you sit here simply to be aware not just of the words but also of the underlying space or the gaps you could call it between words and in every moment when you are when you notice that like now and now and now there you have a sense of simple intelligence and you can perceive this room the body sitting on a chair listen to the words this perception happens but you're perceiving it through the stillness that is there in between the words you're no longer perceiving through the conditioned mind that labels every perception compares it to something of already projects itself forward to the next moment where it's good there's going to be something that is more complete than this and this is an amazing if this is all if you have only moments here as you sit here of perception through stillness or awareness in which that which is perceived is not labeled mentally by calling it something comparing it to something putting some mental just that is an amazing thing if you can then walk out of here perhaps in the break and take a cup of tea or coffee from someone and while he or she gives it to you your hand reaches out for the coffee or tea and within that space of taking this coffee and lifting it it's happening without mental commentary it's possible that the mind then will come in and say oh it's happening without mental commentary that's okay afterwards it comes in sometimes but it is an amazing thing we are when that and from the point of view of the mind made self this is not significant at all because it always says okay and yeah okay i got that now what's next because the mind itself is based on what's next and what what and that does not add anything to it but that is the most amazing thing if and this is only a tiny it may arise initially and many of you it's arising already you may not even know it fully that already in your life there are spaces and i'm absolutely sure that in many of those spaces are already arising and you may not even have fully known this you may only have noticed it as occasionally peace in your life as you go about your daily business a space of peace you may only have noticed it as inner peace in the midst of doing something perhaps not beyond that and not perhaps recognized it as the arising of unconditioned consciousness within you thousands and thousands of years of collective human conditioning subsiding as that space arises and then you are looking at the cup of coffee or a flower or the sea or you go from here walk three four steps down a stairs staircase in a state of simple alert presence that is an amazing thing way to live what does it how does that change my life says the little me and above all how does that solve my problems don't i need to solve my problems first before i can allow myself to explore this dimension of consciousness or don't we need to tackle all the problems that are out there in the world all the enormous amount of suffering that is on the planet don't we need to sort that out first before we can allow ourselves the luxury of transformation of human consciousness the mind asks it may be a legitimate question of course so much suffering yes in oneself and in the world but what comes first can you tackle human suffering without going to the cause the root cause of human suffering self-inflicted humans inflicting it on themselves each

other and themselves so ultimately self inflicted by humanity on itself as you saw the warfare that is human history why is all that what where does that madness come from why this need this seemingly this inability or unwillingness to live together peacefully why can't they do it why can't we do it what is what is it that impels humans to violence not just the obvious violence out there that we see in the world but also violence in relationships that may not even be physical violence the violence at work the fighting battles for a little bit of power a little bit more position more power a little bit more money a little more right than you this what where does that come from that self-inflicted suffering it comes from not knowing yourself beyond the needy little entity that is the mind identified me with its story which needs not only does it need more it also needs conflict that's an amazing realization that there is something in me that needs conflict to keep it going why is that what is the mind identified self that needs conflict why does it need look at a simple thing like the need to be right which is a great source of conflict in relationships if you look a lot of conflict in relationships is based on the need to assert my position as right me to be right which implies i need you to be wrong and an enormous amount of emotional force goes into defending one's mental position and proving that i am right and you are wrong this is one of the ways in which the mind made me strengthens itself because if i can be right i have added a little bit to my sense of self i have diminished yours it's all delusion but it works it's on the level of delusion of course i have diminished your sense of self and i have added something to my sense of self i am right i have identified with a mental position and then asserted the position as me and in some cases it goes as far as physical violence that need to be right collective entities need to be right too we are right our belief structure which is not recognized as a belief structure is called the truth it's not recognized as a story it's called this is how it is and so we are in possession of the truth our interpretation is not recognized as an interpretation we this is the truth we are absolutely right you are absolutely wrong so we create an enemy and that's enormously satisfying to the mind made self you can see how satisfying it is inside you when you can be right and so finally perhaps you've even triumphed and you've shown the whole world that you are right sometimes that the the mind made me does that by let's say there's a committee meeting or something and one person gets up and shouts his or her point of view and before anybody has a chance to question it they walk out of the room they'll just say you are all totally wrong this is how it is and then quickly walk out before anybody can challenge it and then you walk and then feel enormously enhanced in your sense of self and then it wears off so then it has a need for enemies the mind made self because it's a sense of self the story of me is defined through those things that impinge upon me that those things that are problematic this is how you we all know people who is where you would say who would they be without their problems you i'm sure you've met one or two but of course the question really some have it more strongly than others but everybody's sense of mind made self a lot of the story of me is the problem problems of me that go into my sense of identity and in many human beings if you removed the the problems i'm in conflict with this situation and that's and i and not much would be left of their sense of identity

with if you remove the conflict out of the mentally constructed story the story comes to collapses what's not much left without my enemies without my ex-wife and ex-husband and whatever things without the belief that the world has treated me unfairly which surely is the truth without the belief that i didn't make it something prevented me so there is a need in the structure of the mind to be in opposition with something or someone this is the mind made self is looking for the next thing to be in opposition with a human being or a situation or a place anything will do because and that is one of the mind patterns that is very very frequent very common mind pattern when you are totally identified with the self is complaining about something or someone in the head if you're very alert you can catch yourself complaining a lot of the time and looking for the next thing to complain about where is the stain in the carpet there that shouldn't be there why didn't they remove that they should have done something about it long time ago shouldn't they don't you agree oh yes yes it's dreadful they they are just awful yes of course every time you complain you've made something or someone wrong a situation a person a place the weather and when you make something or someone wrong the fiction of me the mind made me grows a little bit stronger so every little complaint in the head that you have about a person a situation or my life my what happened to me is is satisfying to the mind made self because at least now you think you know a little bit more strongly who you are your sense of self has become a little bit enhanced through complaining so some people have that pattern so strongly that their very identity is a complaining one me my my what they did to me life what life did to me oh let me tell you about it and so to discover that pattern is liberating what does it mean to discover it it simply means to see it oh oh okay there it goes again that means you're no longer trapped in it and that is another instance where when you see something like that that was a habitual pattern in yourself that was you had identified with completely when you see it that also is one way in which the unconditioned consciousness is arising in you because that in you that recognizes that sees a pattern is free is not part of the pattern and the seeing doesn't need to label it you simply see it any inner pattern that's been habitual in you that was part of your sense of self you see it you internally you recognize it oh and perhaps the next time the complainer comes as you walk out of here and suddenly you see it oh okay there it was again something is arising that is not part of that and that is also the unconditioned that is very similar to you noticing the gap between words here that is another way in which that dimension is arising and so you are becoming free of thousands of years of collective mental conditioning that has created unbelievable suffering on this planet a nightmare of suffering on this planet simply because human beings have been completely trapped in a narrow personalized collective or personal personalized sense of self me form totally identified with mental formations as a me complete absence of space no space therefore no love because love arises out of the unconditioned not through identification with a form as a me the me form in the head of course needs other humans to add to it as thought forms to enhance my sense of self maybe okay you are the ideal person you meet someone and very often when you there's a strong attraction it means that this person is ideally enhancing my

sense of self i feel more myself when i'm with you you are here to fulfill me and we are going to sign a contract that you are going to fulfill me for the rest of my life and i'll get very angry if you don't and it usually happens the anger comes the anger comes and the frustration comes because nothing in this world can live up to the expectations that you have as a mind-made little self with its story that's as yet incomplete nothing in this world can live up to those expectations because the story-based me says okay do something make me complete it looking for places situations conditions people and sooner or later and usually sooner frustration sets in it's not living up to expectations it's not at every retreat we have some people who get extremely unhappy because their accommodation does not live up to expectation oh i hadn't booked i had booked a better room i'm not saying you can't go to the office and say you made a mistake i think i'm in a shed and i booked the best okay we made a mistake or they say no well nothing we can do about it now the world let me down again and that's the strange thing and you may have noticed the world lets you down a lot that includes people and then the little me comes up with strange theories and interpretations the story becomes very twisted and it says i'm not trusting anybody anymore because they've all let me down that's how they are they're all like that they talk about spiritual but even the spiritual people let me down and the story that then gets incorporated into the story and and when this and that is a little bit satisfying at least the world lets you down but then you the story that you form out of that gives you a little bit of self-enhancement because obviously you are right and increasingly the entire world is wrong that's you can feel inflated in that way it can go to the it can go the borderline between what we call sanity and insanity is not clearly defined and when you look at what is usually called insanity and then you see most of it is just a little bit more pronounced versions of what is normal you can see it more clearly oh and we call a person insane just a little bit more of identification with that identification with a story complete absence of space so that a dreadful fate going through life and never realizing the most what is both the most simple and the most profound thing in a person's existence which goes beyond the person never realizing the that's something of such simplicity which is knowing yourself not not as that which arises in your consciousness in consciousness as objects thoughts sense perceptions situations events emotions knowing yourself not as that which arises but as the space in which all those things that make up your life which ultimately is not your life but only your life situation all those things that make up your life that conventionally you would identify with as my life a dreadful limiting thing those things that arise come and go knowing all those things ultimately not to be who you are and knowing yourself to be not that which arises in consciousness but consciousness itself as you sit here what does that mean what arises here words thoughts sense perceptions they come and go underlying it there's a space of awareness without which nothing would arise if you were not aware there would not be this room it all comes to life knowing yourself in your awareness and simply noticing the space which is the inner space of no thought oh somebody said truly i tell you unless you become as little children you cannot enter the kingdom of heaven now to know what he meant you have to look at a little child and how a little child

perceives the world and perceives you one year old one and a half before the entire structure of the conceptualized mind including the conceptualized me before all that begins to come into operation there is a time in a child's life when they perceive the universe through unconditioned consciousness and there's an innocence and a clarity and a love that flows through their eyes and you can see it when you are very alert and you watch a child and a joy he or she looks at you and you look into the child's eyes and it's liberating because you are not being judged by the mind there is a pure awareness looking and with that pure awareness always comes a very subtle joy which is a simple joy of aliveness itself it has nothing to do with your life situation and the child has that for a brief moment as awareness grows before the mind takes over then we go through identification with mind the story of me we begin to suffer life gets difficult heavy and serious it's a serious business this life very serious you better take it seriously too and you carry a burden of yourself the conceptualized self becomes the burden and then there's the possibility of realizing who you are beyond that and then you encounter the childlike state again it's the same and not the same in one way it is the same openness space of awareness and yet if you have been through the dimension of thought and you've come out the other end so to speak which we all have which humanity has now there is an added dimension of depth to that awareness that is not yet there in the child and yet it's very similar to that state innocent perception innocent open perception the ability and this is essential the ability to look and now i'm using look in a wider sense than just referring to visual perception i'm using look as almost an analogy for something deeper which the ability to hold in awareness whatever arises the ability one could say to give attention to whatever arises in this moment to meet everything that comes into the space of now with that innocent looking which begins with looking at a flower without labeling it and thus realizing how alive that really is that you don't really know what it is that it remains a mystery that it has a depth to it that you didn't know about it before because you thought you knew what it is when you gave it a name and so to look at a flower in that way where you suddenly know its sacredness and its beauty so deeply as not being separate from who you are and then to look at another human being in that way in other words to meet things and people through that inner dimension of space which is also unconditioned intelligence itself in which it appears that you don't know anything and yet a far deeper intelligence than the conceptualized mind has is suddenly flowing through you and then to meet a problem a challenging situation not so much a problem because all problems exist in the head all there is is really a situation that may be challenging to meet any life challenge not a story in the head but an actual challenge which can only be here now to meet any challenge in that state of clear aware alert presence and to simply look at it within that alert spaciousness that means an intelligence far greater than the conditioned mind with all the things that it has learned can now come in and deal with the situation some people have encountered that when they were faced with life or death situations and they had never heard any spiritual teaching like that they simply suddenly the mind stopped and they were able to confront the situation in that state of complete alert presence and they just looked whenever

there is a true emergency the mind is far too slow and it doesn't have enough intelligence to deal with it so it sometimes happens that the mind steps aside because you want to survive the mind steps aside and the unconditioned conscious consciousness comes through in that moment when there's a life-threatening crisis and then you become far greater and deeper and more intelligent than you thought you were because it wasn't you you stepped aside you as the mind made me stepped aside and then that came through and out of that action sometimes comes and you find yourself doing without premeditated saying okay now i need to run over there jump into the water and pull this man out of the water but it might be cold uh should i or shouldn't i no none of this happens you're just like a bird sitting on a branch the bird there are no thought processes involved in animals they are beautiful expressions of consciousness but they're not thinking should i or shouldn't i jump off this branch now it could be dangerous let me think about it now you when you when you look at a bird you will notice its strange movements the typical bird movements every animal has its own way of being in the world and the bird is as all animals are extremely good at looking because they there's an intelligence in an animal that operates beautifully that has become obstructed in humans animal is limited yes through its form it has certain limitations but it lives in greater harmony with the totality because it is a more perfect expression of the totality than humans are so the bird is sitting on a branch and it looks and to a human observer it might appear as if the bird were thinking about what to do next but it's not it's simply looking or the cat now due to the limitations of animals a cat cannot help feeling desirous of eating the bird the cat cannot go beyond that condition pattern and yet within the limitations of its form it operates beautifully the cat when a cat also looks whenever a cat comes into a new place comes around a corner or upper hill and then the cat doesn't move just move on it stops and it looks and then at some point movement happens no premeditation it simply happens and usually they do the right thing and all you can anywhere in nature you can observe how things function how beings function without thought beautifully now we as humans can learn from that realm of functioning as pure expressions of consciousness but we cannot go back to the pre-thought stage not thinking that much i can't even remember my problems and then another one oh that feels good and so you are leaving the problematic evolutionary stage level that we call thinking but you're not moving beyond thinking you're falling below thinking and even that is liberating from pain it liberates you a little bit from the dreadful pain of thinking i've identified with thinking and then one more drink and finally you drop off the chair you fall off so you have successfully left the thinking realm but you've moved into pre-thought and unconsciousness and you're now on your way towards the vegetable realm and if you become even more unconscious you will move to the mineral realm which also have some consciousness it's beautiful for minerals to be minerals they are not they are not in a world of problems minerals are fine but we are not moving back there it is the destiny of humans to step beyond thought and it doesn't mean that they're not going to think anymore from then on thought operates quite beautifully when it's needed because thought has become free of self it has become

simply functional and it's a beautiful function it's become free of claiming to be someone to a me so where does that leave me who am i if i'm not that a pattern arises in you for example complaining needing to be right whatever the pattern is and you see it look you look at it before you thought you were that pattern you didn't know it was a pattern it was the problematic me now you see it as a pattern it loses its sense of self and you are the space within which that is seen you are that which sees it the awareness that sees the patterns so the story continues of me until it comes to an end which it does sooner or later but while it continues yes it's still there my past is still there and yet you even honor it but you are not seeking yourself in it anymore this is the form as which you appeared or continue to appear for a little while in this world of form and yet you know yourself to be the consciousness that underlies all forms as that which sees the aware presence as you sit here you listen to the words you are that which listens not what you're listening to the listening you are the listener or the listening when you see you are not that which you see you are the seeing that which sees not that which is seen and that means self-realization beyond the little self that was conditioned and even when you think you are not looking for yourself in the thoughts identified with each little thought you are that in which thinking happens the space in which it happens and that's a wonderful freedom ultimately freedom from form freedom from the world which is that because the world is the world of forms and every form has a limited lifespan it's amazing how quickly forms go everything in your life every experience every situation it's here one day and the next day it's gone even this morning breakfast somewhere where is that now it's disappeared the experience is already gone you arrived here you were looking forward to coming here now you're here but you're on the express train of time which operates on the surface of things not in the depths of consciousness but on the surface of things in the world of form time seems to be the dominant force and it seems that you can't get out of that express train it pulls you along and now you're sitting here and before you know it the conference is past it's gone oh that was nice we had a nice session you can hang on then to a thought form and even that i eventually forget about the conference and then you have a photo that was the conference and then the photo fades and then you can't what was that there are few forms here there must be people but i can't it's amazing how quickly time dissolves things and frightening to the mind itself that wants to hang to something permanent surely there must be something permanent that i can hang on to no and so that's why everybody lives in fear because deep down that everybody knows it's not going to last it's not going to last i'm looking for something that's going to last that is like a sense of truly being being of being rooted in life of being impermanent a sense of permanency of ah at home i want to find home i want to be at home let people live their life they're never feeling hot at home i haven't arrived yet wait and you can't in the world of form it is not in the nature of the world of form to satisfy you if you're looking for yourself that's why it's so frustrating this world and that's why you've all seen how when you finally find the ideal form that you thought would complete you which might be a situation or person or place it didn't quite live up to expectations something came in there that spoiled it all again and that's how it

is it's every form is already being consumed that's why a poet once compared time to a fire and it's burning you up and that's beautiful to see how impermanent all the forms are in this life to the little ego egoic entity it is dreadful now why is it liberating to see it to see that the story of me will end will finally become the dash between my date of birth and my date of death on my gravestone it will become reduced to a one inch dash and it mattered so much it was so serious my achievements my successes my failures what people did to me and what i didn't achieve and it was so important and then the soap bubble pops and sometimes very suddenly and that's usually regarded as the most dreadful thing but death is something very strange what is death a form dissolves where there was something suddenly there's nothing oh and it could be the death of a person or it could be the death of something that was important to me a thought form something i had identified with as me it could be a whole way in which i had interpreted the universe i had sorted it all out in my mind i knew exactly where things fitted in where my little universe was my philosophy of life and suddenly death comes and goes and my explanations don't make sense anymore and that's what death can do it removes form not only from out here it can also remove form inside you as thought forms that can be very painful but it can also be an incredible spiritual opening into formlessness because what's left when a form dissolves and this is why every death is sacred whether it is the death of a person or if you have even sat some of you may have sat with an animal that died and even death of plants there's always the dimension of the sacred that comes into this world through death and i'm not denying that death is also sad on the level of form that tears may happen when a form dissolves and yet whenever a form dissolves there is suddenly that space that is beyond form it's like a little opening of space appearing in the fabric of existence that before was so neatly arranged my house my living room every item of furniture was in its place and one day i come home and it's collapsed where there was a house there's an empty space that's a form of death too and when it's not resisted through running away internally into future into some thought some new thoughts to explain it all when my explanations okay there must be some explanation just be with it surrender to the factor of death no matter in what form it comes because it'll come it comes all the time in one form or another how can you be in this world without encountering death and if is death the dreadful thing that it's made out to be on one level yes it is very sad there is pain perhaps emotional pain but if you are in touch with who you are beyond thought you will encounter the strange phenomenon of sensing peace underneath the emotion which may be pain so in any kind of death a form dissolves and for a moment there's an opening into the formless the unconditioned consciousness which is sacred shines through but you need to allow it internally when we are all conditioned into believing that it is the most dreadful thing and a terrible injustice that there should be such a thing as death the fact is there is and so ancient cultures that were still in touch they were not where people were not so completely absorbed in thought they could sense that the sacredness of death and there are always signs of respect whenever a person dies in more ancient cultures people would feel very reverent suddenly they might have hated that person who suddenly died

and yet the moment this person dies they show great respect and there's they take off their hat make the sign of the cross and are very quiet and whisper as if in the presence of something some great mystery which is the truth they are in the presence of a great mystery but it's not hidden as it is in western civilization death is denied that no dead body must ever be seen unless you're a close relative don't look at death in ancient cultures you see the dead body so welcoming death when it comes into your life as an opening into the formless one life one consciousness which is as you sit here we are all dying we are dying to a false sense of self and it's beautiful that's a beautiful death you've probably died quite a bit already to be capable of sitting here and embracing that death of that self voluntarily you must already have died perhaps a few times so to speak and that was painful because there was still resistance you suffered suffering is another way if you want to avoid spiritual teachings and omega conferences and retreats then eventually suffering will work also for you it may take a little longer the only thing with spiritual teaching is it speeds things up if you're ready you may not have noticed that we are talking only about one thing all the time space whether it's through death whether it's through becoming aware of space awareness during this talk perception looking without the conditioned mind it's only a habit a deep-seated habit of labeling everything so all we are doing we're going to move our bodies in a little while the secret is of this transformation is not so much to make it happen but to allow it to happen because if you think that yeah you have to make it happen that can easily become another problem and the fallacy of believing that you need to achieve a particular state which is very widespread in spiritual circles i need to achieve a state it's called enlightenment that's why i'm here because i want to achieve that state the truth is you've achieved it already it's the unconditioned that is already there underneath the conditioned so how do i fully know that i don't i don't why believe the speaker when he says you are enlightened already you can add that to the content of your mind how do you truly know it beyond believing and the key to that is and this is a very powerful portal into space inner space the most powerful we are going deeply into that for the rest of this afternoon deeper and deeper into that space and that powerful portal is simply called to allow what is now because what is and now are inseparable so i don't even need to say now to allow what is to be as it is because it already is that is the most powerful opening voluntary opening death is an involuntary opening to allow is a voluntary opening to allow internally this moment to be as it is the form that this moment takes which changes all the time and a lot of the time people don't want the form that this moment takes they want another moment not this i want that and when they get to that they don't want that because the mind structure always wants the next and more allow this moment internally to be as it is and you will notice enormous power comes with that which the ego egoic little selves tells you you will become powerless if you don't fight anymore but you become empowered and space is that which arises whenever you allow this moment to be no matter what form it takes because there's only one moment ever which is this one the form it takes changes the moment doesn't change it's a it's a fallacy to believe that many more moments happen in your life there's

only ever this moment can't get out of this moment but the form changes there's the space of now which is the space of consciousness which is you the form changes and usually people resent the form it takes it's not quite right yet this isn't what i wanted so there's an internal no to the form that this moment takes which is keeps the little me going but it's it's the story of no the no keeps the story very much alive of me if i'm not fighting anymore then the story will dissolve who am i without you bring a yes to now with that suddenly there is space around what happens this is only a way of putting it and that's an inner space spaciousness so here's that annoying little thing happening again and instead of the usual reaction there's simply the recognition that you cannot argue with what is you can but it's called suffering and then you internally you become aligned with whatever form this moment takes instead of reacting to the form that this moment takes which strengthens your own form identity the illusion of me the reaction keeps it going whatever the reaction is complaint and so you bring a yes to now uncompromising because it is otherwise you're accusing the universe of not doing a good job you say i could do better this isn't how things should be this isn't how life should but it is this is now don't mistake a mental interpretation of what is for what you need to allow now this is very important because otherwise you might think that let's say you lost your money on the stock market there may be one or two here who experienced the dark night of the soul so and that's good it all makes sense you lost 80 of your money okay and 80 of your sense of self perhaps that was part of what you possessed is also dissolved and now what is it that you allow do you allow the story that okay i worked for nothing i saved for the past 30 years i've been working for nothing i've i've had three marriages they failed now i failed at this my business empire has also collapsed i it's all been quite pointless and it's too late now to start anything new what could i possibly do now so life has dealt me a dreadful blow this is called a story of me and as such it it's satisfying even if it's an unpleasant story at least it tells me who i think i am i still have an identity and i keep telling myself my my story of me you want to listen to me listen what happened to me it's dreadful and so that's not when i went p and i say allow what is we're not talking about allowing some fiction in your head because that isn't it's a story it's a thought movement it's much more simple allowing what is to be allowing what is to be refers to is this moment which in the case of the person who lost his or her money on the stock market means standing at a bus stop waiting to catch a bus breathing looking around the sky the trees the aliveness in your body other people walking past then the bus comes getting in paying your fare sitting down watching and there's an alertness and there's a beauty you're watching the dance of life going on all around you you know at the back of your mind that you're going to visit your attorney to file for bankruptcy but that's the story every moment you have a choice it's not that you forget what what this trip is about but what is it that dominates your consciousness is your consciousness being absorbed by your story or is your consciousness present are you totally absorbed in the conditioned consciousness or are you present here as an aware a space of awareness which is who you are beyond form so another way of putting it is are you here as the form only or are you here as the formless one

consciousness honoring yes honoring the form that you are while you are in that form that's why you're going to see your attorney so you honor it and then you see your attorney and then you shake hands and you look into his eyes there's just you sit down and you breathe and then you sign a few papers and then you look for somewhere to live you pick up the phone and then you sit in a little room on a not as comfortable as before and you're just present with what is and occasionally the story will want to come in and get hold of you again and occasionally you get lost in it again now the amazing thing is the more you are out of the story the more intelligence begins to operate in your life that it even affects the story on the level of story so the likelihood that something that is pointing towards harmony something that fits into your needs at this moment will come in is far greater when you're out of the story than when you're in the story and perhaps trying to look for a solution from within the story where you are an unhappy failed entity trying to become a happy successful entity that's hard work and it may not work at all and if you if you get happy you won't be happy for long as just that entity but if you can step out of the story as much as possible and be the aware presence you'll be amazed how how much intelligence comes into your life to support you not just from within by finding yourself suddenly doing the right thing you do something and just happens you have suddenly have an idea may even come as a thought oh that's what i'm going to do and then you go and do it or you're walking through a park not with the burden of the story of me but as an as an alert aware presence and suddenly you've run into somebody and he offers you a job and you lost just lost your last job and you lost your money and so synchronistic events coincidences come very often almost one could say miracles come into your life when you access the unconditioned consciousness and when you don't access it you are very limited life is still flowing through a little bit but it can't flow through a tightly tied knot which is the egoic me entity which is it's a state of in of contraction and so nothing can flow not only the inner energy in your body the entire intelligence of the universe cannot fully express itself through that not so an amazing power operates in your life when you access that which is so simple so it's essential not to get your life have your life absorbed by the story of me which is thoughts it's another way of putting not to be absorbed all your attention being devoured by thought to step out of that step out of the story as much as possible into the space of now and then become friendly with the space of now instead of antagonistic towards now become friendly with whatever appears in the space of now that great power lies in that when you no longer deny internally whatever appears even if it is death because sometimes death will appear in the space of now whatever appears in this place of now you become friendly with it whatever because it is the pursuit of happiness that's usually regarded as something desirable and positive but that may be a dangerous thing the pursuit of happiness you may be missing something in that pursuit that's already here pursuit implies of course that you are seeking it where is it it implies that you are looking for a state a desirable state that lies somewhere in the future and that becomes a pattern built into the very structure of the human mind that is the seeking pattern the mindset the collective mindset that is always looking to the next thing the next moment

in the hope that happiness will be found there or that I will find a more complete version of myself there that's a very normal thing to be doing the bank robber does that because he's not interested in the money but what promise the money holds he may believe that it will liberate him provide freedom freedom of movement enhance his sense of self happiness and it could be there in the spiritual seeker too who is looking for the answer some state that one has read about enlightenment perhaps that will finally provide lasting happiness yes so both the bank robber to take one extreme on the evolutionary scale and the spiritual seeker are still manifesting the human seeking mode and that is so normal for most human beings to be in the seeking mode but to many it hasn't even occurred that they are in the seeking mode or that a different state of consciousness is possible and wherever you watch television the media films almost everybody you watch is in that seeking mode but the newsreader always they are not at ease with the present moment because the present moment is regarded as insufficient underlying that is the belief that I am not yet enough that's a very deep-seated thing I am not yet enough and so I am not happy I can only be happy if I'm have finally arrived at that sense of completion within myself where I feel I am now fully myself surely nothing else will bring me lasting happiness than finding myself fully being myself fully so the bank robber seeks that through the money and all throughout civilization people are seeking this that or the other and they are ultimately in a search for a more complete version of themselves an enhanced sense of who I am because that sense of who I am in most humans is deficient you can notice that that it is deficient if you only even imagine that somebody tells you you haven't got much longer to live would be the most dreadful shock because you would feel but I haven't arrived yet but I'm not complete yet surely I need more time the most precious thing the one thing that I need to complete myself find myself find that deep lasting happiness and peace to find that the one thing I need is more time and so that you then trapped in a state of consciousness that we could call time bound where whatever you do is governed by the notion of time and unless you are very old it will usually be future that is of the greatest importance to you the time ahead of you as you get older the time behind you as the time ahead of you shrinks the time behind you there seems to be more of that more past and then in older people the past assumes a greater importance they remember it they're looking for themselves through memory of me and my past what happened to me and think about it and talk about it that is quite normal because future has shrunk but some old people they don't have seem to have realized yet that there may not be that much future left so they're still looking to enhance themselves through more this little word more is so vital if we want to discover the inner pattern the inner pattern that is perhaps one of the most great the most pronounced characteristic of that state of consciousness that I believe is now coming to an end on the planet the state in which you are identified which means you derive your sense of self your sense of identity from a mentally constructed image a conceptualized me memories conditioned patterns experiences memories all kinds of identifications which become thoughts make up a bundle of thoughts and emotions that accompany those thoughts and that mentally created bundle becomes a sense of self a

me and it is that mind made me a story my story my history it is that that most humans derive your sense of self from I am my story and that sense of self is always seeking it is a characteristic of that sense of self that it is in the seeking mode and it exists in a state of not enough and that's an amazing realization that most humans although many are now moving beyond that state of consciousness but on the planet most humans are still trapped in that state of consciousness where their sense of identity feels incomplete I am not fully myself so the belief then to a large extent unconscious is if I could only be more then I finally will arrive at self-completion myself will be complete so the need for more becomes overriding in one's daily existence more to add to who I think I am to me what does that mean to a child where this is already starting this mind movement the formation of a mind made sense of self to a child it begins when a child claims possession of something and every young child does that and it will this child will scream if you take away the toy in very deep pain already nothing much and it's not probably even taken away somebody just picked it up to look at it and it's enough for the child to scream it's mine and that scream remains in most humans it may not be when they reach adulthood the scream may not be you can't hear it anymore but it's often inside so what does it and this is only the way it begins this is one thing where the child already feels I have been diminished in my sense of self because that toy has been taken over what has happened the simple thing that has happened is the toy of course became a thought form it's not the toy out there it's the thought form of my toy and the little word my is essential here because then I have invested the thought form of toy with a sense of self and that's a collective we are all collectively conditioned to do that so this is the just the early beginning of a huge development of mind movements where the I seeks to add more thought forms that it can that it can invest with a sense of self and so it is looking out for more of me so to a child then that's one thing and then the child identifies with whatever it can incorporate into its sense of self so this is the growing egoic entity and this it seems that needs to happen to every human being we cannot tell a child no this is not your toy there is no such thing as possession let go of that thought it doesn't work you have to allow the child compassionately to go through that it's the beginning of delusion we could say yes and then it goes on and then you can see how that how the child begins to suffer through identifying more and more with that self and fearing that something that I regard as me one will be removed from me and then the child grows and the toy becomes the car mine and other possessions may come this is one level then other levels of identifications come what other people think of me or other another other people's opinion of me can become more valuable than a possession it's only just a thought form but I can hang on to that and it can then cling to the bundle of thought forms and reactive patterns that go with it and emotions that accompany it this me oh they think I'm great so many people think they will find themselves through enhanced recognition by others maybe when others will recognize how great I am then I will have found myself so there's this this is the striving for self being fully myself can take the form of that needing the recognition and this could take you to the end of your life especially if you don't get it or striving to have wealth it could take you to the end of

your life especially if you don't get it if you get it then you discover the strange thing that it doesn't complete you I still feel I'm not enough that wasn't it I've got all the things that I thought would complete me and there's still and then comes a critical stage the suffering that is there whenever you have not really found yourself the suffering that is built into the very structure of that mind-made identity because suffering is that sense of lack that sense of not enough in that sense of fear that's underlies that state of consciousness and so you've made it in the eyes of the world and yet it doesn't seem to have worked if you haven't made it you can be stuck in the illusion for longer until the very end and then create an identity your story then changes into somebody who hasn't made it and then the story will seek explanations why the world is so unfair has treated you so badly that it prevented you from being fully yourself they did something to me whether you identify them individually or whether they are the collective or whether they are a political party or whatever they and that is another thought forms that will then supply you with a sense of self and that's quite satisfying too temporarily at least now you think you know who you are you are the one who has been treated unfairly by life okay so you are trapped one way or another in a conceptualized sense of self and me and it's not enough and if you make it everybody tells you you should be happy now and you feel that pain that's that sense of lack and some start drinking then or take drugs just to dull the pain that they feel there are famous people we all have read about them who were very unhappy very deeply unhappy the illusion has been removed from them that the future will complete them because surely they have everything already how can the future complete me i can't think of anything else and when you arrive there you can go into despair and drugs and so just to dull the pain or you suddenly see the fiction of the self that the entire culture is immersed in and tells you this is how it is and you suddenly see this is not and then you might become interested in going beyond that going beyond a conceptualized me in the head and you realize that happiness on that level cannot be found the illusion of happiness yes many times you will think there it is i have it now i'm complete i'm getting married tomorrow all my shares have gone up by 100 percent i'm complete or i've become a master at this or that playing the violin the computer the greatest computer wizard in the world i have abilities that nobody else has i can throw a ball better than anybody else and so they pay me millions just to throw this ball once a week and everybody thinks i'm the greatest i'm the great example to everybody they construct an identity for me out of the ability to throw this ball and i buy into that for a while i actually believe that i am the greatest ball thrower and it's myself and then after a while that wears off because it's a fiction it's a conceptualized entity in the head and the fact that it is in millions of other heads doesn't change the fact that it's a delusion a fiction so the pursuit of happiness is undertaken by the conceptualized entity the me it is seeking more of me amazing that is one level of consciousness that is the level of consciousness that has dominated the planet for as long as humans can remember since recorded history and far beyond that and it is a dangerously dysfunctional state in many ways because that neediness expresses itself in many ways that create enormous amount of suffering to others around you and to yourself the need

for more is the the need for having an enhanced sense of self and that is not only personal it's collective too when that same mindset becomes a collective mindset the me becomes an us that's even more mad than the personal and it creates dreadful it's suffering it's done so throughout history the need of nations and religions and tribes to enhance their sense of identity through strangely enough being in conflict with others they are actually seeking conflict you can see it whether you look at this on a personal level or whether you look at it on the level of the collective there seems to be the need to be in conflict with something or someone if there were not this need why would human history look the way it is look at the 20th century hell created on the planet that potentially is a paradise humans create their own hell and they do it collectively and they do it on a personal level there are many humans not just in places where there's shortage of food they create hell in many different ways even in so-called prosperous countries if you look into the individual human being many of them carry their own heaviness their own hell inside their relationships at work and they might look happy on the surface so much suffering so much suffering on the planet human created suffering so the the entity the conceptualized me is condemned condemned to seeking more it's condemned not to be happy not to be at ease the structure of that mind made self does not allow it so unhappiness is actually built into the structure of the egoic mindset it is not ultimately to do with the content of your life the reasons why i am unhappy they are interchangeable so there is the need for more to enhance me the me that is never complete the story of me that hasn't quite worked the way it was supposed to work up till now there are not many humans who feel that the story has gone very well indeed the story of me and if there are some all you have to do is wait a little and then the incompleteness returns the sense of incompleteness and people believe this is their personal problem everybody else seems to be okay except me the sense this is built into the very structure of that conceptualized identity its need for more its need for conflict in order to enhance its separate sense of existence this is the me and this is the other now i need to get a strong sense of me if i can be in conflict with something or someone it enhances my sense of self or if i can take something away from another in my delusion i believe that that will also enhance my sense of self and that could be just a thought form that i'm trying to take away from somebody through making a remark that diminishes the sense of self of another person by say and i question anything that that person identifies with as not good your car is no good this dress would look good on your sister little remarks all these they are unconsciously designed to diminish another person's sense of self they don't know what they are doing and they believe if they can diminish somebody else's sense of self they have enhanced their own sense of self a little bit all that it means is the illusion of me has grown a little so all you have enhanced is the illusion but to the illusion it feels great for a little while and so that it can become extremely greedy the need for more is incessant we see that the same egoic entity becomes collective in a corporation we've read about these things recently and we were surprised to see how greedy these big corporations are their whole reason for being seems to be to accumulate more perhaps in some cases the people at the top didn't

even forgot what they manufactured it was and it didn't matter anymore what except we need more more so a greedy entity is simply a magnification of that mind pattern so let's not fall into the trap of saying there are a few all these directors they are evil no they are just in a position to be more greedy than others and so the same mind pattern operates on all levels it becomes the terrorist what does he how can it how can somebody kill hundreds or thousands of people even himself or herself in the pro what are they what is going on in here what is and people are at a loss to understand what what are they doing well it's very simple they live in and through a conceptualized entity which to a large extent is in their case collective it's a collective me based on their conditioning their religion their upbringing their belief systems their story the collective story of us and they don't know it's a story the way they interpret reality it is the truth to them they are totally identified with those thoughts that make up the self complete identification with thinking self-identification with thinking so you have a collective conceptualized entity and us and that entity has its own version of reality which isn't recognized as a version of reality it is reality to that entity in that entity then you've already deadened yourself to the deeper aliveness that is there underneath all those mind movements underneath the conceptualized me the deeper consciousness that is not conditioned the dimension that is in every human being underneath the conceptualized sense of self that is conditioned form thought forms underneath that this is the redemptive factor in human existence underneath that is a dimension of consciousness that we could describe as unconditioned vast but they don't know that the terrorist certainly doesn't know it and as yet most humans don't know it but more and more are waking up to it now the terrorist is so deeply identified and that's only an extreme manifestation of the same that's everywhere so deeply identified with the conceptualized that the entire identity is derived from those mind movements he's already dead to the deeper aliveness within him or her and then when you live through a conceptualized sense of self you manufacture a conceptualized identity for everybody else you impose mental labels on other people and groups of people you call them something a word a set of words and to you that is the reality of those human beings there are mental labels they are thought forms that you impose on another you can do it to an individual or to a group and once you have deadened yourself you're no longer relating to another human being you don't even see them anymore as human beings you are totally trapped in mind totally trapped in thought and thought is an abstraction you impose an abstraction on the sacredness and aliveness of another human being and that is what you relate to and then you've basically already killed them their aliveness is not there anymore you don't know it the next step can easily be physical violence and you will not know what you are doing you're operating in the realm of mental abstraction and you're reducing the world to that and you are making you love your enemies not in the sense of Jesus you love your enemies you love having enemies in that mindset the terrorist loves having enemies he doesn't love his enemies but he loves having enemies because they enhance his sense of self the us through all these remove America and in many countries collective identity would suddenly dissolve who are we now without those on whom we can project

something the enemy is gone there was even within America because the same structure operates in everyone when Russia ceased to be the enemy there was I can one could sense a little bit of sense of loss in certain circles what are we doing now we've lost our main enemy they even made a humorous film about that where the president of the United States gets together he's seeking re-election and he gets together with an advisor and says we need an enemy come on and since it's a humorous film they come up with Canada as the enemy the most unlikely enemy they manufacture it and it works so this the need for an enemy to enhance one's sense of self is very great in the collective it happens in Germany national socialism the same egoic entity which became collective it's a very dangerous entity on all levels and it's they ended up with the whole world became their enemy great now we know who we are who are you well Germans we are that's that's who we are a concept in the head a conceptual entity